

A Booke of Cookerie

And the order of Meates to bee ser-
ued to the Table, both for Flesh
and Fish dayes.

With many excellent wayes for the dressing of
all vsuall sortes of meates, both Bak't, boyld or
rosted, of Flesh, fish, Fowle, or others,
with their proper sawces.

As also many rare Inuentions in Coo-
kery for made Disshes: with most notable
preserues of sundry sorts of Fruits.

Likewise for making many precious Waters,
with diuers approued Medicines
for grieuous diseases.

With certaine points of Husbandry how to Or-
der Oxen, Horses, Sheepe, Hogges, &c.
with many other necessary points
for Husbandmen to know.



LONDON,
Printed by Edw: All-de, dwelling neere
Christ-Church, 1620.



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Heere followeth the order of Meates,
how they must bee serued at the
Table.

Seruice for Flesh dayes at Dinner.

The first Course.

Pottage oꝝ stewed broath, boyled meate
oꝝ stewed meate, Chickins and Bacon,
powdered Base, Pyes, Cose, Pigge, Roasted
Base, roasted Heale, Custard.

The second course.

Roasted Lambe, roasted Capons, roasted
Conyes, Chickins, Peabens, Baked Hen-
son, Tart.

The first course at Supper.

A Ballet, Piggess Petitoes, Powdered
Base sliced, a Shoulder of Mutton, oꝝ a
breast, Heale, Lambe, Custard.

The second course.

Capons roasted, Conyes roasted, Chic-
kins roasted, Pigeons roasted, Larkes roasted,
a Pye of Pigeons oꝝ Chickins, Baked Hen-
nison, Tart.

The order of service

The service at Dinner.

A dozen of Quails, a dish of Larkes, two Pasties of red Deere in a dish, Tart, Ginger-bread, Fritters.

Service for Fish dayes.

Butter, a Sallet with hard egges, Potage of sand Celcs, and Lamperns, red Herring greene bzoyled, white Herring, Ling, Haberdine Mustard. salt Salmon minced, two Pasties of Falloin Deere in a dish, a Custard, a dish of Leaches.

The second course.

Jelly, Peacocks, sauce Wine and salte, two Conyes or halfe a dozen Rabets, sauce Mustard and Sugar, halfe a dozen of Pigeons, Mallard, Teyle, sauce Mustard and Clerjuyce, Gullcs, Stozke, Heronshew, Crab, sauce Valentine, Curlew, Bittore, Bustard, Feasant, sauce Water and salt With Onyons sliced, halfe a dozen Woodcockes, sauce Mustard and Sugar, halfe a dozen Teales, sauced as the Feasants, a dozen of Quails, a dish of Larkes, two Pasties of red Deere in a dish, Tart, Ginger-bread, Fritters.

Service for Fish dayes.

Butter, a Sallet with hard Egges, red Herring greene bzoyled, white Herring,

at the Table.

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Ling, Haberdine, sauce Mustard, salt Salmon minced, sauce Mustard and Terjauce and a little Sugar, powdered Conger, Whad, Packrell, sauce Vineger, Whiting, sauce with the Liner and Mustard, Playce, sauce Sorrell, Wine and salt, Mustard, or Terjauce, Thornebacke, sauce Liner and Mustard, Pepper and salt strewed upon, after it is bused: fresh Cod, sauce Greene sauce, Dace, Gullet, Eeles upon soppes, Roche upon soppes, Perch, Pike in pike sauce, Crowte upon soppes, Tench in Gelly, or Cozeill, Custard.

The second course.

Flounders or flukes, pike sauce, fresh Salmon, fresh Conger, Biette, Turbut, Bream upon soppes, Carpe upon soppes, Soles or any other fish fryed, roasted Ele sauce the dyping, roasted Lamperns, roasted Porpos, fresh Sturgeon, sauce Galentine. Crenis, Crab, Shrimps, sauce Vineger.

Baked Lamprey, Tart, Figges, Apples, Almondes blanched, Chesse, Rayling, Peares.

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For

A Booke of
For Boyld Meates.

To boyle a Brawne.

Take your Brawne, and when you haue cut him out, lay him in faire water foure and twenty houres, and thift it foure or fūe times, and scrape and binde vp those that you shall thinke good, with Hemp: binde one handfull of greene Willowes together, and lay them in the bottome of the panne, and then put in your Brawne, and shim it very cleane, and let it boyle but softly, and it must be so tender, that you may put a straw through it, and when it is boyled enough, let it stand and coole in the panne, and when you take it vp let it lye in trays one houre or two, and then make sowring drinke with Ale and water, and salt, and you must make it very strong, and so let it lye a weeke before you spend it.

To boyle meates for Dinner.

Take the ribbes of a necke of Button, and stiffe it with Pargerum, Sauerie, Lime, Parsly chopped small, Currants, with the yolkes of two Egges, Pepper and Salt, then put it into a Potst with faire water,

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water, or else with the liquoz of some meate, with Vineger, Pepper and Salt, and a little Butter, and so serue it.

To boyle meates for Supper.

The Ale and put it into a posnet with Carret rootes, cut in long pices, then boyle it and put thereto a handful of Pines and crummes of Bread, then season it with Pepper, Salt, and Vineger.

To boyle a legge of Mutton with
a Pudding.

First with a knife raise the skin round about, till you come to the ioyntes, and when you haue perboyled the meate, shred it fine with Sewet or marrow, Parsly, Parsgerum, and Penitryall, then season it with Pepper and Salt, Cloues, Mace, and Sinnamon, and take the yolke, of 9. or 10. Egges, and mingle with your meate a good handfull of Currans, and a few minced Dates, and put the meate into the skin of the legge of Mutton and close it with prickes, and so boyle it with the broath that you boyle a Capon, and let it sate the space of two houres.

To boyle a Lambes head and
Purtenance.

Straine your broth into a Dipkin, and set it on the fire, and put in Butter, and skim

it as cleane as you can , and put in your meate, and put in Endiue, and cut it a little, and straine a little Pest and put into it, and Currans and Bzunes, and put in all manner of spices, and so serue it vpon sops.

To boyle a Mallard with
Cabbage.

TAke some Cabbage and picke and wash them cleane, and perboyle them in faire water, then put them into a Collender, and let the water runne from them cleane, then put them into a faire earthen pot, and as much swete bzoth as will couer the Cabbage, and sweet Butter, then take your Mallard and roste it halfe enough, and save the dripping of him, then cut him in the side, and put the Mallard into the Cabbage, and put into it all your dripping: then letting it stew an houre, season it with salt, and serue it vpon soppes.

To boyle a Ducke with
Turneps.

TAke her first and put her into a pot with stewed bzoth, then take Parsly, and swete hearbes and chop them, and perboyle the Rotes very small in another pot, then put vnto them swete Butter, Sinamon, Ginger, grosse Pepper and whole Spice,
and

and so season it with Salt, and serue it vpon
soppes.

To boyle Mutton and Chickins.

TAke your Mutton and Chickins, and
set vpon the fire, with faire water, and
when it is well scummed, take two hand-
fuls of Cabedge Lettice, a handfull of Cur-
rans, a good peece of Butter, the iuyce of
two or thre Lemmons, a good deale of grosse
Pepper, and a good peece of Suger, and let
them seeth all well together, then take thre
or foure yolkes of Egges together hard
roasted, and straine them with part of your
bzoath, let them seeth the quantity of an
houre: then serue your bzoath with meate
vpon soppits.

To boyle Chickins.

First you shall take Chickins and boyle
them with Grapes and with a racke of
Mutton together, and let the racke of Mut-
ton boyle befoze the Chickins one houre
and a halfe, then make a bunch of Hearbes
with Rosemary, Tyme, Sauoy and Hy-
sop, and also Bargerum, and binde them
fast together, put them in the pot, and when
you see your time put in your Chickins with
Parsly in their bellies, and a little swete
Butter, berinyce and pepper, and when you
haue

haue so done, boyle your Grapes in a little pipkin by themselves, with some of the broth of the Chickins, but take heede you boyle not them too much, nor yet too little, and then take the yolkes of sixe Egges, and straine them with a little broth of the pot, and when they are strained put them in the Pipkin to the Grapes, and stirre them, and when they begin to boyle, take them from the fire, and stirre them a good while after you haue taken them vp, and then haue your Appits ready in a platter, and lay your meate vpon it, then take your pipkin with Grapes and all that is in it, and powre it vpon the meate: And after this sort serue it in.

Another way to boyle Chickins.

Straine your broth into a pipkin, and put in your Chickins, and skim them as cleane as you can, and put in a peece of Butter, and a good deale of Sorell, and so let them boyle, and put in all manner of Spices and a little veruyce, and a few Warberies, and cut a Lemmon in peeces, and scrape a little Sugar vpon them, and lay them vpon the Chickins when you serue them vp, and lay soppes in the dish.

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Another way to boyle Chickins.

You must straine your broath into a pipkin and set it a boyling, and skim it, putting in a peece of Butter, and Endiue, and so let it boyle, with a few Currans, and all manner of spices, and so serue it on soppes.

To boyle a Neates tongue.

Inprimis, in faire water and salt, then pare it, and cut it in the middle, and then boyle it in red wine, and fill it full of Cloues, and a little Sugar, and then wash it with a little sweet broath, to doe away the sent of the Wine, and you must make a little red Musket with red wine and Prunes boyled together, then straine it, and straine a little Muscard in a fine clout together, and so serue it.

To boyle a Pigs Petitoes.

Take and boyle them in a pinte of Tergice and Bassard, take 4. Dates minced with a few small Rayns, then take a little Time and chop it small and season it with a little Cinamon and Ginger, and a quantity of Tergice.

To boyle a Cony.

You must boyle your Cony, and straine your sweet bread into a Dipkin, and put in your meate, skim it as cleane as you can, and put in a good deale of Endiue, and cut it a little

a little, and a good pece of Butter, and all kinde of spices, and a little Theriackes, and so serue it on soppes.

To smere a Cony.

TAke the Liners and boyle them, and chip it, and sweet Hearbs, Apples, and the yolkes of hard Egges, and chop them all together, and Currans, Sugar, Sinamon, Ginger and Parsly, and fill the Cony full thereof, then put her into the swete broth, and put in sweet Butter, then chop the yolkes of hard egges, sinamon, ginger, sugar, and scatt it on the Cony, when you serue it vp, season it with salte, serue it on soppes, and garnish it with fruits.

To boyle Conyes.

TAke a Cony and perboyle it a little, then take a good handfull of Parsly and a few swete Hearbes, and the yolkes of foure hard Egges, chop them all together, then put in Pepper and a few Currans, and fill the Conyes belly full of Butter, then prick her head betwixen her hinder legs, but breake her not, and put her into a faire earthen pot with Button broth, and the rest of the stuffe role it vp round, and put it in with salt, and so boyle them well together, and serue it with soppes.

To

To boyle a Capon.

Put the Capon into the powder Beefe pot, and when you thinke it almost tender, take a little pot and put therein halfe water and halfe Wine, Marrow, Currans, Dates, whole Mace, Neruoyce, Pepper, and a little Time.

Another way to boyle a Capon.

See the Capon it selfe in water and salt and nothing else, and to make the bꝛoth, take strong bꝛoth made with Beefe or Putton bꝛoth, so that it be strong bꝛoth, and put into it Rosemary, Parsly and Time, with 4. leaues of Sage, this let seeth in it a good while, and then put into it small rayns and a few whole Mace. A quarter of an hour before it be ready to be taken from the fire haue ready sodden 4. or 5. eggs boyled hard take nothing out but the yolkes, Straine the eggcs with a little of the same bꝛoth and veruoyce, haue a little marrow cut in small peeces, and if that time of yeare doe serue, take the best of Lettice, cutting off the tops to the best, and take a few Pines with two or three Dates. Thus let it seeth a quarter of an hour or more, and when it is ready to take vp, haue your dish with sops ready on the water well Strained out of the Capon
an

and then season the broath with a little Pepper, then take it and dish it, and scrape vpon it a little Sugar laying the puznes round about the dish side.

To boyle a Capon with
sirrop.

Boyle your Capon in sweet broath, and put in grosse Pepper and whole Spice into the Capons belly, and make your sirrop with Spinage, white wine and Currans, Sugar, Sinamon and Ginger, and sweet Butter and so let them boyle, & when your Capon is ready to serue, put the sirrop on the Capon, and boyle your Spinage before you make your sirrop.

To boyle a Capon with Orenge
and Lemmons.

Take Orenge and lemmons pilled, and cut them the long way, and if you can, keepe your Cloues whole, and put them into your best broath of Button or Capon, with puznes or currans, and thre or foure dates, and when they haue bene well sodden, put whole Pepper, great Spice, a great peece of ginger, some Rose water, and either white or Claret wine, and let all these sate together while, and serue it vpon soppes with your Capon.

To

To boyle a Capon in white broth
with Almonds.

TAke your Capon with Parrow bones,
and set them on the fire, and when they
be cleane skimmed, take the fattest of the
broth, and put in a litle pot with a good deale
of Parrow, Pines, rapins, Dates, whole
Pices, and a pinte of white Wine, then
blanch your Almonds and straine them,
with them thicken your pot, and let it sate
a good while, and when it is enough serue it
upon sops with your Capon.

To boyle a Capon in white
broth.

TAke a good Capon and scalde him, then
trusse him, and when he is faire washed
put him into your pot, and take a good Par-
row bone or two, or if you haue no marrow
bones take a necke of Button, and when
your Capon is halfe boyled, take a pottle of
the uppermost of your broth and put it into
a faire Bosnet, then take 2. handfuls of fine
Carrans, and eight Dates, cut euery one of
them in foure pices. and foure or fine whole
Pice, foure spoonfuls of Mergise, and so
much Sugar as an Egge, a litle Time, and
a litle Parsly, and a litle Pargerum, and if
you haue no Pargerum then one small sprig
of

of Rose-mary, binde all your hearbes fast together, and when you haue cleane washed them, put to the saide hearbes Sugar, Currans, Mace, and Ueriuoyce into your posnet, and a grated Nutmeg, and let them boyle all together, and when it is almost inough, haue a small handfull of Almonds blanched, beaten and strained with a little of the same liquor, and put that into your broth a good quarter of an houre before you take it vp, and that will make it white. you must also put in some good peeces of marrow, and let not the marrow and the Dates seeth aboue halfe an houre, you must take a good handfull of Pynes, and tye them in cleane clothes, and seeth them in the broth where the Capon is, when you take vp your Capon to serue it in, lay a few Appits, in the bottome of your platter, and lay a few Pynes and Barberries both about the brym of the platter, and also vpon the Capon: you may boyle Chickens in the like sort.

To boyle Pigeons in black-broth.

First roast them a little, then put them in an earthen pot, with a little quantity of sweet broth, then take Onyons and slice them, and set them on the coales with some Butter, to take away the scent of them, put them

them into the Pigeons and lyeze it wth a
toste of Bread, drabone with buliger, then
put some swat brarbes halfe cut, and Sinamon
Ginger, and grosse Pepper, let th in
boyle, season them with salt, serue them vpon
on sops, and garnish them with Sewit.

To boyle Muggets.

First perboyle them. and take White and
chop them both together, and put Currans,
Dates, Sinamon, Ginger, Cloues,
and Mace, grosse Pepper, and Sugar if you
will, two or three yolkes of Egges, and seeth
them together, with salt, and put in the Ruffe
into the cawles of Button, then put them
in dishes, and take two or three Egges white
and all, putting them on the Cawles, and
make some pretty sauce for them.

To boyle Pye meate.

Take a leg of Button, and mince it very
fine with swet, and seeth it in a litle pan
or an earthen pot with Butter and season it
with Cloues, and Mace, great Baylins,
Pyunes, and salt. and serue it in a dish, and
if you will put in some ioyce of Drenge,
laying halfe an Drenge vpon it.

To make boyled meate after the French
manner.

Take Pigeons and larde them, and then
put them on a Broach, and let them be
halfe roasted, then take them off the broach,
and make a Pudding of swete hearbes of
eury sorte a good handfull, and chop Ore
white amongst the hearbes very small, and
take the yolkes of five or six Egges, and
grated bread, and season it with Pepper, Si-
namon and Ginger, Cloues and Mace, Mu-
ger and Currans, and mingle all together,
and then put the stuffe on the Pigeons, round
about, and then put the Pigeons into the
Cabbages that be perboyled, and binde the
Cabbagee fast to the Pigeons, and then put
them into the pot where you meane to boyle
them, and put in Base broth into them, and
Cabbages chopped small, and so let them
boyle, and put in Pepper, Cloues and Mace
and prick the Pigeons full of Cloues be-
foze you put the Pudding on them, and put
a peece of Butter, Sinamon and Ginger,
and a little Cloveger and white Wine and so
serue them vp, and garnish them with
fruit, and serue one in a dish, and but a little
of the broth you must put into the dish, when
you serue them vp.

To

To boyle Teales.

The sweet broth and Davena and shred them, and Spinage, then put in Butter and Pepper, and levie it with toastes of Bread, with a little M. iugce, and so serue it on soppes.

To boyle Plouers.

You must straine your swete broth into a pipkin, and set them on the fire, and when they boyle, you must skim them, then put in a peece of Butter, and a good deale of Spinage, and a little Parsly, and a peece of Carret roote cut very small, and a few Carraways, and so let them boyle, and all manner of spices, and a little white Wine, and a little Heriuyce, and so serue them upon sops.

To boyle Quails.

First put them into a Pot with swete broth, and set them on the fire, and then take a Carret roote, and cut it in peeces and put it into the pot, then Parsly with swete Hearbes, and chop them a little and put them into the pot, then take Sutanen, Cistiger, Ralmeys, and Pepper, and put in a little Heriuyce, and so season it with salte, serue them vpon soppes, and garnish them with fruit.

To boyle Larkes.

Take swete bread, and straine it into a pipkin, then set it on the fire and put in a peece of Butter, skim it as cleane as you can, and put in Spinage and Endiue, cut it a little and so let it boyle, then put in Pepper, Cloues, Mace, Cinamon, Ginger, and a little Neruice, and when you serue them vp, lay soppes in the dish.

To make a Morris.

Take Almonds and blanch them, and beate them in a mortar, then boyle a Chicken, and take all the flesh off him & beat it, and straine all together with milke and water, and put them into a pot, and put in Sugar, and serue them still, and when it hath boyled a good while, take it off, and set it a cooling in a pail of water, and straine it againe with Rose water into a dish.

For Stew'd Meates.

To stew Steakes betweene two
dishes.

You must put Parsly, Currans, Butter, Mustard, and 2. or 3. yolkes of Egges, Pepper, Cloues and Mace, and so let them boyle together, and serue them vpon soys.

To

To stew steakes of Mutton.

Take a pece of Mutton and cut it in peeces, wash it very cleane, and put it into a faire pot with Ale, or with halfe wine, then make it boyle and skim it cleane, and put in to your pot, a faggot of Rofemary & Thyme, then take some Parsly picked fine, and some Onyons cut round and let them all boyle together, then take Peunces, Bay lins, Dates, and Corrans, let it boyle all together, and season it with Dinamon, Ginger, Nutmegs two or three Cloves and Salt and so serue it on soppen and garnish it with leuit.

To stew Calues feete.

Take Calues feete faire blanched, and cut them in the halfe, and w^hen they be more then halfe boyled put to them great quantities, Mutton broth, a little Saffron, and swarts Butter, Pepper, Sugar, and some sweete hearbes finely minced: boyle Calues feete, Sheepes feete, or Lambes feet with Mutton broth, sweete hearbes and Onyons chopped fine, Butter and Pepper, and when they boyle, take the yoke of an Egge and straine it with Clari-ace, and so serue it.

To stew a Mallard.

Take a Mallard, and seeth him in faire water, with a good Marie-bone, and w^hen

Cabbedge broyth, or Cabedge lettice or both, or some Parsnep rootes, and Carret rootes, and when all these be well sodden, put in Prunes enough, and three Dates, and season him with Salt, Cloues and Mace, and a little Sugar and Pepper, and then serue it forth with sippets, and put the marrow vpon them, and the Dates quartered, then the Prunes, and the rootes cut in round slices, and lay them vpon the sippets also, and the Cabbedge leaues lay vpon the Gallard.

To stew a Cocke.

You must cut him in six peeces, and wash him cleane, then take Prunes, Cinerons and Dates, cut very small, Rayfins of the Summe, and Sugar beaten very small, Sinnamon Ginger and Nutmegs likewise beaten, and a litle Maydenhaire cut very small, then you must put him in a Pipkin, and put in almost a pinte of Muscadine, and then your Spice and Sugar vpon your Cocke, and put in your fruite betwene euery quarter, and a peece of Solde betwene euery peece of your Cocke, then you must make a Lid of Wood fit for your pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then
you

you must fill two brasle pots, so that the
pipkins sate touch not the brasle pot bo-
tome ney the pot sides, and so let them boyle
24. houres, and fill vp the pot still as it
boyles away, with the other pot that stands
by, and when it is boyled take out yeur
Solde, and let him drinke it sailing, and it
shall helpe him, this is approued.

To sowce a Pigge.

Take white Wine, and a litle swete
bryoth, and halfe a score Putmegs cut
in quarters, then take Rosemary, Bayes,
Tyme, and swete Yargermin, and let them
boyle together, skum them very cleane and
when they be boyled put them into an ear-
then pan, and the Griey also, and when you
serue them, put a quarter in a dish, and the
Bayes and Putmegs on the top.

For Roast Meates.

To make Aloes.

Take a Leg of Aleale orutton, and slice
it in thinne slices, and lay them in a plat-
ter, and cast on Salt, and put thereon the
yolkes of tenne Egges, and a great soyte of
small Rapins and Dates finely minced, then

Take vinegar and a little Saffron, Cloues
and Mace, and a little Pepper, and mingle it
together and powre it all about it, and then
all to worke it together, and when it is tho-
rowly seasoned put it on a spit. and set plat-
ters vnderneath it. and baste it with Butter
and then make a sauce with Tanager, Cin-
ger, and Sugar, and lay the Aloes vpon it
and so serue it in.

To make a Pudding in a brest of Veale.

Take Parsly and Tyme, wash them, pick
them and chop them small, then take 8.
poules of Egges, grated Bread, and halfe a
pinte of Creame being very sweet, then sea-
son it with Pepper, Cloues and Mace, Saf-
fron and Sugar, small Marfins and salt, put
it in and roste it and so serue it.

To roste Deares tongues.

The Deares tongues and larde them,
and serue them with swarth sauce.

To roste a Hare.

VVash her in faire water. perboyle
her, then lay her in colde water,
then larde her and roste her and for sauce take
Red wine Salt Tanager, Cinger Pepper,
Cloues and Mace. put these together, then
mince Onions and Apples, and fry them in
a pan, then put your sauce to them with a
little

little Sugar, and let them boyle together, and then serue it.

Another way to roste a Hare.

You must not cut off her head, seeke noy eares, but make a pudding in her belly, and put paper about her eares that they burne not, and when the Hare is roasted you must take Ginnamon and Cinnaer, and grated bread, and you must make v. or vi. of sauce, then put in some Barbories and let them boyle all together.

To roste a Carpe or Tench with a Pudding in his belly.

Take the skinnes of a Pige, and chop them very small, then put in grated bread two or three Egges, Currans, Dates, Sugar, Ginnamon, Ginger, Faced, Clove and Salt, and put it in his belly, and put him on a broach, and make sweet sauce with Barbories or Lemmons minced, and when the Carpe is roasted, put it on the Carpe, and so serue it by.

A Sauce for a Cony.

Cut Surons in rounds and fry them in Butter, then put to them wine vinegar, Salt, Ginger, Camomill and Pepper, and a litle Sugar, and let it boyle till it be good and fast, then serue it vpon the Cony.

Bak'd

For Bak'd Meates.

To bake a Gammon of Bacon.

Take a Gammon of Bacon, wather it fire dayes, and perboyle him halfe enough, and lay him in presse, then take the swerde of him and stusse him with Cloues, and season him with Pepper and Salt, and closed vp in a standing ppe, bake him, and so serue him.

To bake a Gammon of Bacon to keepe colde.

You must first boyle him a quarter of an houre before you stusse him, then stusse him with swete Hearbes and hard Egges chopped together, or Parsly.

To bake a fillet of Beefe to keepe cold.

Mince him very small, and seeth him with Pepper and Salt, and make him vp together accordingly and put them into your ppe, and larde them very thicke.

To bake fillets of Beefe or clods, in Read of red Deere.

First take your Beefe and Larde it very thicke, then season it with Pepper and Salt, Sinamon and Ginger, Cloues and Spice good Roze, with a great deale more quantity

quantity of Pepper and Salte, then you would a peece of Clemenſon, then couer it vp in paſte, and when it is baked, take Vineger, Sugar, Cinamon and Ginger, and put in it, then ſhake the Paſtic, and ſtop it cloſe, and let it ſtand almoſt a fortnight before you eat it vp.

To bake a Neates tongue.

Firſt powder the Tongue three or foure dayes, and then ſoak it in ſaire water, then blanch it and lard it, and ſeaſon it with a little Pepper and Salt, then bake it in Rye paſte, and before you cloſe vp your Pye, ſcrew vpon the Tongue a good quantity of Cloues and Mace beaten into powder, and vpon that halfe a pound of Butter, then cloſe vp your Pye very cloſe, but make a round hole in the top of the pye. Then when it hath ſtood more then foure houres in the Oven, you muſt put in halfe a pinte of Vineger or more, and while the Vineger is ſcarpe cloſe vp the hole very cloſe with a peece of paſte, and ſo let it into the Oven againe.

To make a Pyc to keepe long.

Firſt perbayle your ſheep and pricke it, and when it is prickled, ſeaſon it with Pepper and ſalt while it is hot, then lard it, in the
your

your paffe of the flower, it must be very
thicke or else it will not hoide, when it is seas-
soned and larded, lay it in your Pye, then
casten it before you close it a good deale of
Cloues and Spice beaten small, and throw
vpon that a good deale of Butter, and so close
it vp, you must leaue a hole in the top of the
lid, and when it hath stood two houres in the
Duen you must fill it as full o Vineger as
you can, then stop the hole as close as you
can with paffe, and then set it into the Duen
again, your Duen must be very hote as at
first, and then your Pyes will keepe a great
while, the longer you keepe them, the better
they will bee: when they be taken out of the
Duen and almost colde, you must shake them
betwene your hands, and set them with the
bottome vppward, and when you set them in-
to the Duen, take great heede that one pye
touch not another by moze then ones hand
bryeth: Remember also to let them stand in
the Duen after the vineger be in two houres
and moze.

To bake Calues feete.

TAke Calues fete and boyle them, and
chop them fine, and a pound of white,
and chop it with them, then chop an Onyon
small and put it in them, then take Munes,
Dates

Dates and Currans, and put to them, season them with Pepper, Nutmegs, and a little large Mace, then put in some Egges, and stirre it altogether, and put it into a Pie, and let it bake two houres, then put in a little V.riuyce and Sugar, and so serue it.

Another way to bake Calues feete.

Season them with Salt, Pepper, Butter and Currans if you will and when they be baked put in a little white Wine and Sugar, or Vineger and suger, or V.riuyce and suger.

To bake a Leg of Veale.

Take a Leg of Veale, and cut it in slices, and beate it with the backe of a knife, then take Time, Marjoram, Penirpall, Sannery and Parsley, and one Onyon chop them all together very small, then breake in some Egges whites and all, and putting in yone hearbes, season it with Pepper, Nutmegs and Salt, and a little Sugar, then stir them altogether, and so wrape them vp like Aloes, and cast a few Currans, and Dates, with Butter amongst them.

Another bak't meate.

Take two pound of White, and a little Ale, and mince it together, then take a little Penirpall. Sannery, Marjoram, and vnset

busset Leekes, chop them fine, and put in some Egges, and some Creame, then stirre it all well together, and season it with Pepper, Nutmegs and Salt, then put it into the pye, and eat the Lid, and let it bake till it be dry, then serue it.

To bake a Brest of Veale.

Take and brake the bones thereof in the muddiest, and perboyle him, then take out the bones, and season him with Pepper and Salt, and lay him in the coffin with a little swete Butter, and close him vp, then make a Cawdle of the yolkes of Egges, and Grain it, and then boyle it on a Chafing dish of coales, and season it with Sugar, and so put it in the pye, and set it into the Oven againe.

To bake a Leg of Lambe.

Take a legge of Lambe, and cut out all the flesh, and save the skin whole, then mince it fine, and White with it. then put in grated Bread, and some Egges whites and all, and some Dates and Currans, then season it with some Pepper, Cinamon, Ginger and some Nutmegs, and Carrawaies, and a little Creame, and temper it altogether, then put it into the Leg of Lambe againe, and let it bake a little before you put it into

your

your Pye, and when you haue put it into your Pye, then put a little of the pudding about it, and when it is almost baked, then put in Clovyes, Sugar and swete Butter, and so serue it.

To bake a Turkie, and take out
his bones.

TAke a fat Turkie, and after you haue scalded him and waished him cleane, lay him vpon a faire cloth, and slit him throught out the backe, and when you haue taken out his garbadge then you must take out his bones so bare as you can, when you haue so done, wash him cleane, then trusse him, and pyicke his backe together, and so haue a faire kettie of seething water, and perboyle him a little, then take him vp that the water may runne cleane out from him, and when he is colde, season him with Pepper and Salt, and then pyicke him with a few Cloues in the brest, and also draw him with Lard if you like of it, and when you haue made the coffin, and layd your Turkie in it, then you must put some Butter in it, and so close him vp, in this sort you may bake a Gose, Pheasant or Capon.

To bake a Cony.

Seaſon him with Pepper and Salt, and put in Butter and Currans and when it is baked put in a little Clariſſie, and Sugar into the Pye, and ſerue it vp.

To bake Conyes.

Hae the paſte ready, waſh your Conies and perboyle them, and caſt them into colde water, then ſeaſon them with ſalt and Ginger, lay them into the Paſte, and vpon them lay leached larde, cloſe them and bake them.

To bake a Hare.

Take your Hare and perboyle him and mince him, and then beate him in a mortar very fine. Linn and Al if you will and ſeaſon it with all kinde of Spices and ſalte, and doe him together with the yolks of ſeaſon of eight Eggs, and when you haue made him vp together, draw larde very thicke through him, and mingle them altogether, and put him in your pye, and put in Butter beſore you cloſe him vp.

To bake a Kidde.

Take your Kidde and perboyle him, and waſh it in Clariſſie and Saffron, and ſeaſon it with Pepper, ſalt and a little Mace, then lay it in your coſin with ſweet Butter,
and

and the liquor it was seasoned in, and so bake it.

To make a Veale Pye.

Let your Meale boyle a good while, and when it is boyled, mince it by it selfe, and the White by it selfe, and season it with Salt, Pepper, Cinamon, Ginger, Suger, Cloues and Mace, and you must also haue Prunes, Rayns, Dates, and Currans on the top.

To make Mutton Pyes.

Mince your Mutton and your white together, and when it is minced, season it with Pepper, Cinamon, Ginger, Cloues, Mace, Prunes, Currans, Dates, Rayns, and hard Egges boyled and chopped very small, and throw them on the top, and so bake it.

To bake a Mallard.

Take three or foure Onyons, and stampe them in a mortar, then straine them with a saucer full of Aleiuyce, then take your Mallard, and put him into the iuyce of the saide Onyons, and season him with Pepper, and Salt, Cloues and Mace, then put your Mallard into the coffin with the said iuyce of the Onyons, and a good quantity of Winter fanozie, a little Time and Parsly chopped
C small,

In all, and wate matter, so close it up, and bake it.

To make a Pye of Humbles.

The four Humbles being prepared and chop them very small with a good quantity of Onion sliced, and beise a handfull of these hearbs following, Lime Marjoram, Fennel, Parsly, and a little Balsam, and season the same, being chopped with Pepper, Cloves and Spice, and so close your Pye and bake him.

Another way to bake the humbles of a Deere.

Mince them very small, and season them with Pepper, Cinamon, Ginger, and Sugar if you wil, and Cloves, Spice Dates and Currans, and if you will, mince Almonds, and put vnto them, and when it is baked, you must put in fine fatte, and put in Sugar, Cinamon & Ginger, letting it boyle and when it is minced put them together.

To make Red Deere.

Take a handfull of Lime, and a handfull of Balsam, a handfull of winter Kancery, a handfull of Bay leaves and a handfull of Fennell and when you liquo facts it at p. 10. boyle your Tenson in, put in your Hearbs also, and perboyle your Tenson small

untill it be halfe enough, then take it out and lay it vpon a faire boorde, that the water may runne out from it, then take a knife and pricke it full of holes, and while it is warme haue a faire Tray with Vineger therein, and so put your Venison therein, from morning untill night, and euer now and then turne it vpside downe, and then at night haue your Coffin ready, and this done, season it with Sinamon, Ginger, Nutmegs, Pepper and Salt, and when you haue seasoned it, put it into your Coffin, and put a good quantity of swete Butter into it, and then put it into the Duen at night when you goe to bed, and in the morning draw it forth, and put in a saucer full of Vineger into your Pye, at a hole aboue in the top of it, so that the Vineger may runne into every place of it, and then stop the hole againe and turne the bottome vpward, and so serue it in.

To bake Chickins.

First season your Chickins with Sugar, Sinamon and Ginger, and so lay them in your Pye, then put in vpon them Calseberies or Grapes, or Barberies, then put in some swete Butter, and close them vp, and when they be almost baked, then put in a

Salwde made with hard Egges, and white
Wine, and serue it.

To bake Chickins.

Season them with Salt and Pepper, and
put in Butter and so let them bake, and
when they be baked, boyle a few Barberies,
Pyunes and Currans, and take a little
white wine or Terinyre, and let it boyle, and
put in a little Sugar, and set it on the fire a
little, and straine in two or three yolkes of
Egges into the wine, and when you take the
dish off the fire, put the Pyunes Currans
and Barberies into the dish, then put them
in all together into the Pye of Chickins.

To make Marrow Pyes.

Make fine paste and put in the white of
one Egge and Sugar, and when they
are made in little coffins, set them into the
Ouen vpon a paper a little while, then take
them out and put in marrow, and so close
them vp and pycke them, and set them in a
gaite, and when they are broken serue them
with blanch powder strewed vpon them.

To bake Pigeons.

Season them with Pepper and Salt and
Butter.

To make a Florentine.

TAke the kidneys of a lopne of Meale, that is roasted, and when it is colde, shred it fine, and grate as it were halfe a Banchet very fine, and take eight yolks of Egges and a handfull of Currans, and 8. Dates finely shred, a little Dinamon, and Ginger, a little Sugar, and a little Salt, and mingle them with the kidneys, then take a handfull of fine flower and two yolkes of Egges, and as much Butter as two Egges, and put into your flower, then take a little sathing liquoz, and make your paste, and drine it abroad very thin, then stroke your dish with a little butter, and lay your paste in a dish, and fill it with your meate, then draw another sheet of paste, thinne and couer it withall, cut it handsomly vpon the top, and by the sides, and then put it into the Ouen, and when it is halfe baked, draw it out, and take two or three feathers, and a little Rosewater, and wet all the Couer with it, and haue a handfull of Sugar finely beaten, and strew vpon it, and see that the Rosewater wet in euery place, and so set it in the Ouen againe, and that will make a faire Ice vpon it, if your Ouen be not hot enough to reace vp your Ice, then put a little fire in the ouens mouth.

A Booke of To make Butter paste.

Take flower, and seaven oz eight Egges, colde Butter, and faire water oz Rose water and Spices if you will, then make your Paste, and beat it on a boord, and when you haue so done, deuide it into two oz three partes, and drie out the peece with a rolling Pume, and doe with Butter one peece by another, and then solde by your Paste vpon the Butter, and drie it out againe, and so doe fine oz fye times together, and cut some for bearings, and put them into the Oven. and when they be baked scrape Sugar on them, and so serue them by.

To make good Resbones.

Take a quart of fine Flower, lay it vpon a fine boorde, and make a hole in the middk of the Flower with your hand, and put a spoonefull of Ale yeast thereon, and ten yolkes of Egges, and two spoonefulls of Synamon, and one of Ginger, one of Cloues and Mace, and a quarterne of Sugar finely beaten, a little Saffron, and halfe a spoonefull of Salt, then take a dish full of Butter, melt it, and put into your flower, and therewithall make your Paste, as it were for Macheet, and molde it a good while, and cut it in peces of the bignesse of Duckes Egges.

and

and so molde every pece as a Manchef, and make them after the fashon of an inchhorne broad above and narrow beneath, then set them in the Oven, and let them bake three quarters of an houre, then take two dishes of Butter and clarifie it vpon a soft fire, then draw it out of the Oven, and scrape the bottom of them faire and cleane, and cut them ouerthwart in foure peces, and put them in a faire charger, and put your clarified Butter vpon them, and haue Cinamon and Ginger ready by you, and Sugar beaten very small, and mince all together, and as you set your peces together, cast some of your Sugar, Cinamon and Ginger vpon them, when you haue set them all vp lay them in a faire platter, and put a little butter vpon them, then cast a little Sugar on them, and so serue them.

To make a Vaunt.

Take marrow of Basse, as much as you can holde in both your handes, cut it as bigge as great Dice, then take Dates and cut them the bignes of small Dice, and then take some forty Dunes, and cut the fruit from the stones, then take halfe a handfull of small R. pins, wash them cleane and picke them, and put your marrow in a faire

platfer and your Dates, pines and small
Raspins, then take twenty yolkes of Eggs,
and put in your stufte befoze rehearsed, then
bake a quartern of Sugar oz moze, and
beate it small, and put in your marrow, then
take two sponfuls of Cinamon and a spon-
full of Ginger, and put them to your stufte
and mingle them altogether, then take eight
yolkes of Eggs, and foure sponesfuls of
Rosewater, straine them and put a little
Sugar in it, then take a faire frying panne
and put in a little pce of Butter in it, as
much as a Walnut and set it vpon a good
fire, and when it loketh almost blacke, put it
out of your pan, and as fast as you can, put
halfe of your Eggs in the midst of your pan,
and fry it yellow, and when it is fryed, put
it into a faire dish, and put your stufte there-
in, and spread it on the bottome of your dish,
and then make another Taunt euen as you
made the other, and set it vpon a faire fire,
cut it in pretty pces, of the length of your
middle finger, as long as your taunt is, and
lay it vpon your stufte after the fashion of a
little Window, and then cut off the ends of
them, as much as lyeth without the inward
compasse of the dish. then set the dish within
the Duen, oz in a baking pan, and let it bake
with

with leysure, and when it is baked enough, the Sparrowe will come faire out of the Maunt to the bym of the dish, then draw it out, and cast a little suger on it, and so serue it in.

To make a sirrop for bak'd meates.

Take Ginger, Cloues, Pace, and Nutmegs, beate all these together very fine, and boyle them in good red Vineger, vntill it be somewhat thicke, this being done, drawe your Pye, when it is hard baked and a small hole being made in the couer thereof at the first, with a Tunnell of paste you must powze the sirrop into the Pye, that done couer the hole with paste, and hog the Pye well, and set it againe in the Duenn till it be thoroughly baked, and when you haue drawne it, turne the bottoms vntill it be serued.

To make fine Craknels.

Take fine flower and a good quantity of Eggs as many as wil supple the flower then take as much Suger as will swāten the paste, and if you will not be at the cost to raise it with Egges, then put thereto swāte water, Sinamon, and a good quantity of Nutmegs & Pace, according to your bread, take a good quantity of Anniseeds, and let all

this

it is be mingled with your Flower, and at the putting in of your Egges or other moisture, then set on your water, and let it be at seething before you put in your Cracknels in it, they will goe to the bottome, and at their rising take them out and drye them with a cloth, then bake them.

To make fine Bisket-bread.

Take a pound of fine flower, and a pound of Sugar, mingle it together, and a quarter of a pound of Anniseeds, foure Egges, two or three spoonfulls of Rose water, put all these into an earthen Panne, and with a slice of Wood heate it the space of two houres, then fill your moldes halfe full, (your moldes must be of Tinne) and then set it into the Duen, your Duen being so hot as it were for Cheate bread, and let it stand one houre and a halfe: you must annoynt your moldes with Butter before you put in your Masse, and when you will vse any of it, slice it thinne, and drye it in the Duen, your Duen being no hotter then you may abide your hand in the bottome.

Another to make fine Bisket-bread.

First take halfe a Pecke of fine White flower, also eight new layde Egges, the whites and yolkes beaten together, then put the

the said Egges into the flower, then take eight Grames of fine Mace, and stamp it in a mortar, then put halfe a pinte of good Damaske water, or else Rosewater into the Mace, and mingle it together, and put it into Wine or Muscadine, but Muscadine is better, and put it into the flower, also one ounce of good Annisseedes cleane picked and put therein, and so to worke them all together into a Masse, as y^e doe bread, and then make your Wiskets into what fashion you thinke best, and then put them into an oven, and bake them hard if you will keepe them long, or else but indifferent: If you will haue it candite, take Rosewater and Sugar, and boyle them together till they be thicke, and so like slices of bread, set it hote in the Oven untill the same be candite.

To make fine Bread.

Take halfe a pound of fine Sugar well beaten, and so much flower, and put thereto the whites of foure Eggs, and being very well beaten, you must mingle them with Annisseedes bzuised, and being all beaten together, put it into your molde, melting the same over fire with a little Butter, and so set it in the Oven, then turne it twice or thrice in the baking.

To

For Tartes.

To make all manner of Fruite
Tartes.

You must boyle your Fruite, whether it be Apple, Cherry, Peach, Damson, Pearre, Mulbery or Codling in faire water, and when they be boyled enough, put them into a bowle, and bryse them with a Rable, and when they be coloe, straine them, and put in red Wine, or Claret wine, and so season it with Sugar, Cinamon and Ginger.

To make a Tarte of Costards.

You must take halfe a hundreth of Costards, and pare them, and cut them, and as soon as you haue cut them, put them into a pot, and put in two or thre pound of Sugar, and a pinte of water, and a little Rose water, and stirre them from the time you put them in, untill the time you take them out againe, or else you may also put it into a dish, and when your Tarte is made, put it into the Ouen, and when it is baked, endoze it with Butter, and throw Sugar on the top, and then doe on your sauce, and set Comfits on the top and so serue it vp.

To

To make a Tarte of Wardens.

You must bake your Wardens first in a ppe, and then take all the wardens and cut them in foure quarters, and coare them, and put them into a Tarte pinched, with pour Sugar, and season them with Sugar, Cinamon and Ginger, and set them in the Oven, and put no couer on them, but you must cut a couer, and lay on the Tart when it is baked, and butter the Tarte and the couer too and endoze it with Sugar.

To bake Quinces, Peares, or Wardens.

Take and pare and coare them, then make your paste with faire water, and Butter and the yolke of an Egge, then set your Quinces into the paste, and then bake it well, fill your paste almost full with Cinamon, Ginger and Sugar. Also Apples must be taken after the same soyt, saying that whereas the soze should bee cut out they must be filled with Butter every one, the hardest Apples are best, and likewise are Peares and Wardens, but none of them all but the Wardens may bee perboyled, and the Oven must bee of a temperate heate, so; two houres to stand is enough.

To

To make a clove Tarte of greene Pease,

Take halfe a pecke of graine Pease, shalle them and seeth them, and cast them into a Collender, and let the water goe from them, then put them into the Tarte whole, and season them with Pepper, Saffron and Salt, and a dish of swete Butter. close and bake him almost an hourse, then draw him, and put to him a little Clirupce, and shake them and set them into the Duen againe, and so serue it.

To make a Tarte of Rice,

Boyle your Rice and put in the yolkes of two or thre Egges into the Rice and when it is boyled, put it into a dish and season it with Sugar, Cinamon, Ginger, and Butter, and the iuyce of two or thre Oranges, and set it on the fire againe.

To make a Tarte of Prunes.

Put your Prunes into a pot, and put in Red wine or Claret wine, and a little faire water, and stirre them now and then, and when they be boyled enough, put them into a bolle, and straine them with Sugar, Cinamon and Ginger.

To make a Tarte of Medlars.

Take medlars that be rotten and stampe them, then set them vpon a Chaffing dish
with

with coles and brae in two pelkes of Eggs, boyling it till it be somewhat thicke, then season them with Sugar, Sinamon and Ginger, and lay it in rase.

To make a Tarte of Damsons.

Take Damsons, and seeth them in wine, and straine them with a little Cream, then boyle your stufte ouer the fire till it be thicke, put thereto Sugar, Sinamon and Ginger, but set it not into the Ouen after, but let your paste be baked before.

To make a close Tarte of Cherries.

Take out the stones, and lay them as whole as you can in a Charger, and put Mustard, Sinamon, and Ginger into them, and lay them in a Earthe whole, and close them, then let them stand three quarters of an houre in the oven, and then make a sirrop of Muskadine, and Damaske water and Sugar, and so serue it.

To make a Tarte of Strawberies.

Take Strawberies, and wash them in Claret wine, thicken and temper them with Rosewater, and season them with Sinamon, Sugar and Ginger, and spread it on the Earthe, and endoze the sides with Butter and cast on Sugar and Biskets, and serue them so.

To

To make a Tarte of Strawberies.

VVash your Strawberies, and put them into your Tarte, then season them with Sugar, Sinamon and Ginger, and put in a litile red Wine into them.

To make a Tarte of Hyppes.

Take Hyppes and cut them and take the sacle out, and wash them very cleane, and put them into your Tarte, and season them with Sugar, Sinamon and Ginger.

Likewise so you must preserve them with Sugar, Sinamon and Ginger, and put them into a gelly pot close.

To make a Tarte of Spinadge.

Boyle your Egges and your Creame together, and then put them into a bowle, and then boyle your Spinadge, and when they are boyled, take them out of the water and straine them into your Kusse before you straine your Creame, boyle your Kusse and then straine them all again, and season them with Sugar and Salt.

Another way to make a Tarte of

Spinage.

Take Spinage and seeth it skalle and all, and when it is tenderly sodden, take it off, and let it draine in a Cullender, and then swing it in a cloth, stampe it and straine it
with

With two or thre yolkes of Egges, and then set it on a Chasingdish of coales, and season it with Butter and Sugar, and when the Masse is hardened in the Oven put in this Comode, and stroke it euen.

To make a Tarte with Butter and Egges.

Breake your Egges and take the yolkes of them, and take Butter and melt it, letting it be very hott ready to boyle, then put the Butter into your Egges, and so straine them into a bowle, and season them with Sugar and salt.

To make a Tarte of an eare of Veale.

Take two pound of great Rayns, and wash them cleane, picke them, and take the Stones out of them, then take two Biddens of Veale, and a peece of the Leg which is leane, and boyle them altogether in a pot with the straint of the broth of Mutton, and boyling it let it boyle the space of an houre, then take it vp and chop it fine, and temper it with crums of Bread finely grated, and take 9. yolkes of Egges, temper them all together, and season them with Sinamon, Ginger, Sugar, small Rayns, great Rayns minced, Dates and Saffron, then take Ans flower and water, and thre yolkes of

D

Eggs

Egges, Butter and Saffron, and make them like a round Tarte, close with a couer of the same paste, and set it in the Oven, and let it stand one houre, then take it forth, and endoze it with Butter and cast on powder of Cinamon, Ginger and Sugar, and so serue it.

To make a Custard.

Breake your Egges into one bowle, and put your Creame into another, then straine your Egges into the Creame, and put in Saffron; Cloues, Mace, and a litle Cinamon and Ginger, and if you will some Sugar and Butter, then season it with salte, and melt your Butter, and stirre it with the Ladle a good while, and dub your Custard with Dates or Currans.

To make Oyster Chewets.

Take a peck of Oysters, and wash them cleane, then scale them and wash them faire in a Cullender, and when they be sodden, straine the water from them, and chop them as small as Pyc meate; then season them with Pepper, halfe a penny worth of Cloues and Mace, halfe a pennyworth of Cinamon and Ginger, and a pennyworth of Sugar, a litle Saffron and salte, then take a handfull of small Baylins, small Dates
minced

minced small, and mingle them altogether, then make your Paste with one penyworth of fine Flower, ten yolkes of Egges, halfe a penyworth of Butter, with a little Saffron and boyling water, then raise by your Chetwets and put in the bottome of euery one of them a little Butter, and so fill them with your stuffe, then cast Pynnes, Dates and small Kayns vpon them and being closed, bake them, let not your Oven be too hot, for they will haue but little baking, then draw them, and put into euery one of them two spoonefull of Cloriuice and Butter, and so serue them in.

For Boyl'd Fish.

To boyle a Breame.

Take white Wine, and put it into a pot, and let it seeth, then take your Breame and cut him in the middelt, and put him in, then take an Onyon and chop it small, then take Nutmegs beaten, Cinamon and Ginger, whole Peace, and a pound of Butter, and let it boyle altogether, and so season it with salte, serue it vpon soppes, and garnish it with fruit.

A Booke of
To boyle Muskles.

TAke water and yeast, and a good dish of Butter, and Onions chopt, and a little pepper, and when it hath boyled a little while then see that your Muskles be cleane washed, and put them into the broth shels and all, and when they be boyled well then serue them broth and all.

To boyle Stocke-fish.

TAke Stocke-fish when it is well watered, and picke out all the baste cleane from the fish, then put it into a pipkin, and put in no more water then will couer it, and set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to boyle on the other side, take it off, and put it into a Cullender, and let the water runne out from it, but put in Salt in the boyling of it, then take a little faire water and sweete Butter, and let it boyle in a dish vntill it be something thicke, then powre it on the Stocke-fish and serue it.

To boyle diuers kindes of Fish.

Bhet, Conger, Thornebacke, Playce, fresh Salmon, all these you must boyle with a little faire water and Vinegar, a little salt, and Bayleaves, and sauce them in Vinegar with

With a little of the broth that they are sooden in and a little Salt, and as you see cause this: your sauce as you doe Booke in byme: Also seeth Sturgeon, seeth it as is aforesaid, and sauce it as we bid the other, and so you may keepe it halfe a yeare with changing of the sauce: And salt Sturgeon, seeth it in water and Salt and a little Vineger. then let it be colde, and serue it forth with Vineger, and a little Fennell vpon it, but first ere we seeth it, it must be watered.

To make blacke Puddings.

Take great Otemcale, and lay it in milke to stape, then take Shapes blood and put to it, also take Ore white and mince into it, then take a few swart hearbes, and 2. or 3. Lake blades, and chop them very small, and then put in it the yolkes of some Eggs, and season it with Sinamon, Ginger, Cloues, Spice, Pepper and salt, and so fill them.

To make white Ellings.

Take great Oremcale kept in milke, and put in the yolkes of some Eggs, also take Ore white and mince it small, then season it with Sugar, Sinamon, ginger, Cloues, Spice, Saffron, and salt, and so fill th. m.

To make Sausedges.

Take Martinmasse Base, or if you can not get it, take fresh Base, or the leane of Bacon if you will, and you must mince very small that kinde of flesh that you take, then cut Lard and put into the minced meat, and whole Pepper, and the yolkes of seauen Egges, mingle them all together, and put the meate into a Gut very salte, and hang it in the Chimney, where it may dry, and there let it hang a month or two before you take it downe.

To make a Sallet of all kinde of
Hearbes.

Take your hearbes and picke them very fine into faire water, and picke your flowers by themselves, and wash them cleane, then string them in a Strapner, and when you put them into a dish, mingle them with Cucumberes or Lemmons payred and sliced, also scrape Sugar, and put in Vineger and Oyle, then spread the flowers on the top of the Sallet, and with euery sozte of the aforesaid thinges garnish the dish about, then take Egges boyled hard, and lay about the dish and vpon the Sallet.

To

To make a Sallet of Lemmons.

Cut out slices of the pale of the Lemmons long wayes, a quarter of an inch one peece from another, and then slice the Lemmon very thinne, and lay him in a dish crosse, and the Peeles about the Lemmons, and scrape a good deale of Sugar vpon them, and so serue them.

For Fry'd Meates.

To fry Bacon.

Take Bacon and slice it very thinne, and cut away the Leane, and bzuise it with the backe of your knife, and fry it in swæte Butter, and so serue it.

To fry Chickins.

Take your Chickins and let them boyle in very good swæte bzoath a pretty while, and take the Chickins out, and quarter them out in peeces, and then put them into a frying-pan with swæte Butter, and let them stew in the panne, but you must not let them be bzoone with frying, and then put out the Butter out of the pan, and then take a little swæte bzoath, and as much Meriuyce, and the yolkes of two Egges, and beate them together, and put in a little

Putmegs, Cinamon and Ginger, and Pepper into the sauce, and then put them all into the pan to the Chickens, and stirre them together in the pan, and put them into a dish, and serue them bp.

To make Peascods in Lent.

Take Figs, Baylins and a few Dates, beate them very fine, and season it with Cloues, Mace, Cinamon and Ginger, and for your Paste seeth faire water and Oyle in a dish vpon coales, put therein Saffron, salt, and a little Flower, fashion them then like Peascods, and when you will serue them, fry them in Oyle in a frying pan, but let the Oyle be very hot, and the fire soft for burning of them, and when you make them for flesh dayes, take a fillet of Weale and mince it fine, and put the yolks of two or three raw Egges to it, and season it with Pepper, salt, Cloues, Mace, Honey, Sugar, Cinamon, ginger, small Baylins or great minced, and for your paste, Butter and the yolke of an Egge and season them, then fry them in Butter, as ye did the other in Oyle.

To a make Fritter-stuffe.

Take fine Flower, and 3. or 4. Egges, and put into the flower, and a peece of Butter, and let them boyle altogether in a dish or Chafin,

Chafes, and put in Sugar, Sinamon, Ginger and Rosewater, and in the boyling put in a little grated Bread to make it big, then put it into a dish and beate it well together, and so put it into your molde, and fry it with clarified Butter, but your butter may not be too hot nor too colde.

A Fritter to bee made in a molde.

Take Dre white, and mince it fine, then take Dates and mince them fine, also take Currans, Egges, white Bread grated, and season it with Sugar, Sinamon, Ginger Cloues, Mace and Saffron, and stirre it well together, then dzine a thicke Cake of paste, and lay it in the molde, and fill it with the stuffe, and lay another Cake of paste upon it, then shake it about, and so fry it.

To make Fritters of Spinage.

Take a good deale of Spinage, and wash it cleane, then boyle it in faire water, and when it is boyled take it forth, and let the water runne from it, then chop it with the backe of a knife, and then put in some Egges and grated bread, and season with Sugar, sinamon, ginger, pepper, Dates minced fine, and Currans, and rowle them like a ball, and dip them in Butter, made of Ale and flower.

For

For made Dishes.

To make a pretty dish with Dates, and
the iuyce of two or three
Orenge.

Straine them into a dish, and so make
Chambers of paste vpon a sticke, put the
sticke vpon a loafe of Bread, and so dry
them in the Duen, then clarifie a little But-
ter and fry them in, lay them in a dish, and
serue suger on them.

To make a Trifle.

Take a pinte of thicke Creame, and sea-
son it with Sugar, Ginger and Rose-
water, and stirre it as you would, then helw
it, and make it luke warme in a dish vpon a
Chasingdish of coales, and after put it into
a siluer Pæce or a bowle, and so serue it.

To make cast Creame.

Take milke as it commeth from the colw,
a quarte or lesse, and put thereto rawe
yolkes of Egges, temper the Milke and the
Egges together, then set the same vpon a
chasingdish, and stirre it that it Curd not,
and so put Sugar in it, and it will bee like
Creame of Almonds, when it is boyled thicke
enough, cast a little Sugar on it, and sprinkle
Rose,

Rosewater thereupon, and so serue it.

To make Blew-manger.

TAke a pinte of Creame, and twelue oz
sirtene yolkes of Egges, and strayne
them into it, and seeth them well, euer stir-
ring it with a sticke that is broad at the end,
but befoze you seeth it, put in Sugar, and in
the seething taste of it, that you may if neede
be. put in moze Sugar, and when it is al-
most sodden put in it a little Rosewater, that
it may taste thereof, and seeth it well till it
be thicke, and then straine it againe, if it hath
need, or else put it into a faire Dish, and stirre
it till it be colde, and take the white of all
the Egges, and straine them with a pinte of
Creame, and seeth that with Sugar, and in
the end put in Rose water as into the other,
and seeth it till it be thicke enough, and then
use it as the other, and when you serue it,
you may serue one Dish of one and another
of the other in rolles, and cast on Biskets.

To make Blew-mangle.

TAke all the baine of a Capon, and
stampe it in a morter fine, and blanched
Almonds, and sometimes put to them Rose
water, then season it with powder of Si-
namon, Ginger and Sugar, and so serue it
vp.

To

To make Apple moyse.

Roste your Apples, and when they be roasted, pill them and straine them into a dish, and pare a dozen of Apples, and cut them into a Chaffer, and put in a little white Wine and a litle Butter, and let them boyle till they be as soft as Pap, and stirre them a litle, and straine them to some Wardens roasted and pilled, and put in Sugar, Sina-
mon and Ginger, then make Diamonds of Masse, and lay them in the Sunne, and scrape a litle suger vpon them in the dish.

To make a Quinces moyse, or
Wardens moyse.

You must roste your Wardens or Quin-
ces, and when they be roasted, pill them,
and straine them together, and put in Su-
ger, Sinamon and Ginger, and put it in a
Plate, and then smoth it with a knife, and
scrape a litle suger on the top, and marke it
finely with a knife.

To make Almond butter.

Take Almonds and blaunch them, and
beate them in a Morter very small, and
in the beating, put in a litle water, and
when they be beaten, powze in water into
two Pots, and put halfe into one, and halfe
into another, and put in Sugar, and stirre
them

them still, and let them boyle a good while, then straine it through a strainer with Rose water, and so dish it vp.

To make Almond Butter, after the best and newest fashion.

Take a pound of Almonds or more, and blanch them in cold water, or in warme, as you may haue leysure, after the blanching let them lye one houre in colde water, then stampe them in faire colde water as fine as you can, then put your Almondes in a cloath, and gather your cloath round vp in your handes, and presse out the iuyce as much as you can, if you thinke they be not small enough, beate them againe, and so get out milke so long as you can, then set it over the fire, and when it is ready to seeth, put in a good quantity of salte and Rosewater that will turne it, after that is in, let it haue one boyling, then take it from the fire, and cast it abroad vpon a Linnen cloath, and vnderneath the cloth scrape off the Whey, so long as it will runne, then put the Butter together into the middle of the cloath, binding the cloath together, and let it hang so long as it will drop, then take peces of Sugar so much as you thinke will make it swete, and put thereto a little Rosewater, so much

as will melt the Sugar, and so much fine powder of Saffron as you thinke will colour it, then let both your Sugar and Saffron scrape together in the little quantity of Rosewater, and with that season vp your Butter when you will make it.

To make a made dish of
Artechokes.

TAke your Artechokes and pare away all the top even to the meate, and boyle them in sweete broath till they be somewhat tender, then take them out, and put them into a dish, and seeth them with Pepper, Sinamon and Ginger, and then put in your Dish that you meane to bake them in, and put in Barrow to them good store, and so let them bake, and when they be baked, put in a little Vineger and Butter, and sticke three or foure leaues of the Artechokes in the dish when you serue them vp, and scrape Sugar vpon the dish.

To make a fresh Cheese and
Creame.

TAke a gallon or two of Milke from the Cowe, and seeth it, and when it doth seeth, put thereunto a quart or two of morning Milke, in faire cleansing pannes, in such a place as no dust may fall therein, and
this

this is so; your clowted Creame, the next morning take a quart of mornings milke, and seeth it, and when it doth seeth, put in a quart of Creame thereunto, and take it off the fire, and put it into a faire earthen pan, and let it stand vntill it be somewhat blood warme, but first every night, put a good quantity of Ginger, with Rosewater, and stirre it together, and let it settle all night, and the next day put it into your saide blood warme milke to make your Chesse come, then put the Curdes into a faire cloath, with a little good Rosewater, and fine powder of Ginger, and a little Sugar, so fasten, great soft rowles together with a thred, and crust out the Whey with your clowted Creame, and mixe it with fine powder of Ginger, and Sugar, and so sprinkle it with Rosewater, and put your Chesse in a faire Dish, and put these clowtes round about it, then take a pinte of rawe Milke or Creame, and put it into a Pot, and all to shake it, vntill it be gathered into a froath like Snowe, and cuer as it commeth, take it off with a spone, and put it into a Cullender, then put it vpon your fresh Chesse, and pzicke it with Needles, and so serue it.

To make Marmelet of
Quinces.

You must take a pottle of Water, and foure pound of Sugar, and so let them boyle together, and when they boyle, you must skum them as cleane as you can, and you must take the whites of two or thre Egges, and beate them to froth, and put the froth into the panne soe to make the skum to rise, then skum it as cleane as you can, and then take off the Bettle, and put in the Quinces, and let them boyle a good while, and when they boyle you must stirre them still, and when they be boyled enough you must boe them.

Another Marmelet of Quinces.

Take very good Quinces and pare them, and cut them in quarters, then Coare them cleane, but take hede it be not a stony Quince, and when you haue pared and coared them, then take two pintes of running water, and put it into a Masse pan, casting away eight sponcfulls of one of the pintes, then weigh thre pound of fine Sugar, and beat it, put it into the water, and make your fire where you may haue good light, not in a Chimney, then set on your panne vpon a Treuet,

Treuet, and when your Sugar and water
beginmeth to boyle, you must scum it cleane,
then put in sixe spoonfulls of Rosewater,
and if there arise any moze scum, take it off,
and so put in your threë pound of Quinces,
and let them boyle but softly, and if you see
the colour waxe somewhat dape, now and
then with a faire slice be breaking of them,
and when your liquoz is well consumed a-
way, and the colour of your Quinces to
grow fairer, then be still stirring of it, and
when it is enough, you shall see it rise from
the bottome of your Pan in stirring of it, and
so bore it, and you shall haue it to be good
Marmelet, and a very ozient colour: If you
will, you may put some Muske into it, some
Rosewater, and rub your bore withall, it
will giue a pretty sent, and it is a very good
way.

To make Condomacke of Quinces.

Take foue quartes of running water, and
a quart of French wine, put them toge-
ther, then take Quinces and pare them, and
cut them till you come at the Coares, then
weigh tenne pound of the Quinces, and put
them into your Pan of water and wine, and
boyle them ouer a quicke fire, till they be ten-
der, keeping your panne very close couered,

then take a peece of fine Cannasse and put your Quinces and liquoꝝ in it, and when your Strop is all runne through, put in so much fine Sugar as will make it swete, and set it over a quicke fire againe, stirring with a sticke till it be so thicke, that a drop will stand vpon a dish, then take it from the fire, and put it in bores.

To make Manus Christi.

Take five spoonesfulls of Rosewater, and graines of Ambergrece, and 4. graines of Pearle beaten very fine, put these three together in a saucer, and cover it close, and let it stand covered one houre, then take 4. ounces of very fine Sugar, beaten small, and searce it through a fine searce, then take a little earthen pot glased, and put into it a spoonesfull of Sugar, and a quarter of a spoonesfull of Rosewater, then let the sugar and the Rosewater boyle together softly, till it doe rise and fall againe 3. times. Then take fine Rie flower and sift it on a smooth board, and with a sponne take off the Sugar, and the Rosewater, and first make it all into a round Cake, and after into little Cakes, and when they be halfe colde, wet them over with the same Rosewater, and then laying on your golde, so shall you make very good Manus Christi.

*The Names of all things necessary for
a Banquet.*

S uger,	Sinamon,	Liquorice,
Pepper,	Nutmegs,	All kindes of
Saffron,	Saunders,	Comlets,
Aniseeds,	Coliander,	Oranges,
Pomegranet,	Lemmons,	Damaske
Toynescell,	Rosewater,	water,
Prunes,	Raspins,	Dates,
Currans,	Rye flower,	Cherries
Barberies	Ginger,	conserved,
conserved,	Cloues and	Sweet Oran-
Pepper white	Pace.	ges,
and browne.		Glazers.

For your Marchpanes, seasoned and bry-
seasoned Spinages.

For Preserves.

To preserve all kinde of Fruites, that they
shall not breake in the preserving
of them.

TAKE a platter that is plaine in the
bottom, and lay Sugar in the bottom,
then Cherries or any other fruit, and betwixt

then take a peece of fine Cannasse and put your Quinces and liquoꝝ in it, and when your Strop is all runne through, put in so much fine Sugar as will make it swete, and set it over a quicke fire againe, stirring with a sticke till it be so thicke, that a drop will stand upon a dish, then take it from the fire, and put it in bores.

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Take five spoonesfull of Rosewater, and 4. graines of Ambergræce, and 4. graines of Pearle beaten very fine, put these three together in a saucer, and cover it close, and let it stand covered one houre, then take 4. ounces of very fine Sugar, beaten small, and searce it through a fine scarce, then take a little earthen pot glazed, and put into it a spoonesfull of Sugar, and a quarter of a spoonesfull of Rosewater, then let the sugar and the Rosewater boyle together softly till it doe rise and fall againe 3. times. Then take fine Rie flower and sift it on a smooth board, and with a spone take off the Sugar, and the Rosewater, and first make it all into a round Cake, and after into little Cakes, and when they be halfe colde, wet them over with the same Rosewater, and then laying on your golde, so shall you make very good Manus Christi.

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Pepper,	Nutmegs,	All kindes of
Saffron,	Saunders,	Comets,
Anniseds,	Coliander,	Ozenges,
Pomegranet,	Lemmons,	Damaske
Toynesell,	Rosewater,	water,
Prunes,	Rapins,	Dates,
Currans,	Rye flower,	Cherryes
Barberies	Ginger,	conserued,
conserued,	Cloues and	Sweet Ozin-
Pepper white	Pace.	ges,
and browne.		Wafers.

For your Marchpanes, seasoned and bry-
seasoned Spinages.

For Preserues.

To preserue all kinde of Fruites, that they
shall not breake in the preseruing
of them.

TAKE a platter that is plaine in the
bottomie, and lay Sugar in the bottomie,
then Cherries or any other fruit, and betwixt

euery roble you lay, throwe Sugar, and set it vpon a pots head, and couer it with a dish and so let it boyle.

To preserue Quinces whole.

Take a pottle of faire water, and put it into a cleane panne, and beate thre pound of fine Sugar and put into it, then set it on the fire, and when you haue skimmed it, put in twelue spoonfulls of Rosewater, then take ten faire Quinces and pare them, and roare them cleane, then put them into your sirrop, and so couer them very close, for the space of two houres with a faire Platter, and let them boyle a good pace: and at the two houres end vncouer them, and looke whether you finde them tender, and also that they haue a faire crimson colour, then take them vp, and lay them vpon a faire platter, couering your sirrop againe, and letting it seth while it be somewhat thicke, then put your Quinces into your sirrop againe, and haue a faire gallie pot, and put in both your sirrop and Quinces as fast as you can, and couer your Pot close, that the heate goe not forth, also take heede you put them not in a Glasse, for it will break.

To preserve Peare Plummies.

First take two pound and a halfe of fine Sugar, and beate it small, and put it into a pretty brasse Pot with twenty sponesfuls of Rosewater, and when it boyleth, skim it cleane, then take it off the fire, and let it stand while it be almost colde, then take two pound of Peare Plummies, and wipe them vpon a faire cloath, and put them into your Sirrope when it is almost colde, and so set them vpon the fire again, and let them boyle as softly as you can, for when they are boyled enough, the kernels will be yellow, then take them vp, but let your Sirrop boyle till it be thicke, then put your Plummies vpon the fire againe, and let them boyle a walme or two, so take them from the fire, and let them stand in the vessell all night, and in the morning put them into your pot or glasse, and coner them close.

To preserve Orenge.

You must cut your Orenge in halfe, and pare them a little round about, and let them lye in Water, foure or fve dayes, and you must change the water once or twice a day, and when you preserve them, you must haue a quart of faire water to put in your Sugar, and a little Rosewater, and

set it on the fire, and scum it very cleane, and put in a little Dinamon, then putting in your Oranges let them seeth a pretty while, and then take them out againe. and doe so five or sixe times, and when they be enough, put in your Oranges, and let your sirrop stand till it be colde, and then put the sirrop into your Oranges.

Another way to preserve Oranges.

Chuse out the fairest and the beauiest, that is full of liqnoz, and cut them full of little specks, then make a little round hole in the stalke of the Orange, and breake the stringes of the meate of the Oranges, and close the meate to the sides of your Oranges with your finger, then will part of the iuce and kernels come out, and lay them in water three dayes and three nights, then take them out, and set a Pan with water over the fire, and when it seethes put in your Oranges: but let them not seeth too fast, then you must haue another Panne with water ready seething, to shift the Oranges out of the other water when they haue sodden a little while, and so haue one panne after another, to shift them still vppon the fire tenne or twelue times, to take away the bitternesse of the Oranges, and you must keepe them as whole

whole as you can in the boyling, and then take them by one and one, and lay them upon a Platter, the hole being downeward, that the water may run the more clearer out of them, then let them stand so until ye have boyled your Sirrop, and then take to every two Oranges, a pint of water, and a pound of Sugar, let your Sugar be finely beaten before you put it into your liquoz, and look that the kettle you boyle them in, be swete Waste, then take ten whites of Eggs, and put them into your kettle with your liquoz and Sugar, and beate your whites of Eggs, and the liquoz together, a good quarter of an houre, then set your liquoz upon a soft fire of coales, and let it seeth so some as you can having a faire Scummer, and a Cullender ready, and set your Cullender in a faire Basen, and as your whites of Eggs riseth in scumme, take them by with your scummer, and put them into your Cullender, and you shall have a great quantity of Sirrop come from your scumme, through your Cullender into your Basen, and that you must save and put it into your Kettle againe, and when your great scumme is off, there will arise still some scumme, which you must take off with a scummer, as cleane as you can,

and when your Sirrop hath sodden a pretty while, then put in your Dzenges, and let them boyle softly, till you thinke they be enough, and the Sirrop must be somewhat thicke, then let your Dzenges stand all night vpon the fire, but there must be nothing but timbers, and in the morning take them vp and put them in glasses or gally pots.

To Preserue Cherries.

To euery pound of Cherries take a pound of Sugar, that done, take a few Cherries, and distraine them to make your Sirrop, and to euery pound of Sugar and Cherries, take a quarter of a pound of Sirrop, and this done, take your Sirrop and Sugar, & set it on the fire, then put your Cherries into your Sirrop, and let them boyle five seuerall times, and after euery boyling scum them with the backside of a spone.

To preserue Gooseberies.

Take to euery pound of Gooseberies, one pound of Sugar, then take some of the Gooseberies and distraine them, then take the Sirrop, and to euery pound of Gooseberies, take halfe a pound of Sirrop, then set the Sugar and Sirrop ouer the fire, and put in the Gooseberies, and boyle them foure seuerall times, and scum them cleane.

To Distill Waters.

To make Hipocras.

Take a Gallon of white Wine, Sugar two pound, of Sinamon y. 3. Ginger, y. 3. long Pepper y. 3. Pace y. 3. nat bzused, Graines y. 3. Galingall y. 3. ob. Cloues not bzused, you must bzuse every kinde of spice a little, and put them in an earthen Pot all a day, and then cast them thzough your bags two times, or moze as you see cause, and so drinke it.

To make Sinamon water.

Take Rhenish wine a quart, or Spanish wine a pinte, Rosewater a pinte and a halfe, Sinamon bzused a pound and a halfe, let these stand infused the space of foure and twenty houres, then distill it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbecke of glasse and receiue the first water by it selfe.

Also if you be disposed to make the same water weaker, take thze pintes of Rosewater, and a pinte and a halfe of Rhenish wine, and so distill the same, and you shall haue to the quality of stiffe, the quantity of the water, which is thze pintes, but the first is best

ant

To

and foreſerue it to your uſe, both morning
and evening.

To make Sinamon water another
way.

TAke three quartes of Muskadine, and a
pound of Sinamon, and halfe a pinte
of good Roſewater, and ſo let them lye info-
red the ſpace of ſoure and twenty houres,
and diſtill it as aforeſaid, and you ſhall re-
ceiue to the quantity as to the qualitie, but
the firſt pinte is the beſt and the cheefeſt of
all the other, as is maniſeſt by practice.

To make the water of Life.

TAke Balme leaues and ſtalles, Turnet
leaves and flowers, a handfull of Roſe-
mary, Turmintil leaues and rootes, Roſa
Solis a handfull, red Roſes a handfull, Car-
nations a handfull, Hyſope a handfull, Time
a handfull, Red Stringes that grow vpon
Sauoy a handfull, red Fennell leaues and
rootes a handfull, red Mintes a handfull,
put all theſe Hearbes into a pot of earth gla-
ſed, and put thereto as much white Wine as
will couer the hearbes, and let them ſoake
therein eight or nine dayes, then take an
ounce of Sinamon, as much of Ginger, as
much of Nutmegs, Cloues and Gaſſtron a
litle quantity, and of Annisſeeds a pound,
great

great Rapins a pound, of Suger a pound, halfe a pound of Dates, the hinder part of an olde Coney, a good fleshie running Capon, the flesh and sinewes of a Leg of Mutton, foure young Pigeons, and a dozen of Larkes, the yolkes of twelue Eggs, a loafe of white bread cut in sippets, Muskadine oz Bastard thre Gallons, oz as much in quantity, as will suffice to distill all these together at once in a Limbecke, and thereto put of Methridatum two oz thre ounces, oz else with as much perfect Treacle, and distill it with a moderate fire, and keepe the first water by it selfe, and the second water alone also, and when there commeth no more water with stringes, take away the Limbecke, and put into the Pot more Wine vpon the same stuffe, and styll it againe, and you shall haue another good water, and shall so remaine good. In the first ingredience of this water, you must keepe in a double glasse warily, for it is restorative for all principall members, and defendeth against all Pestilentiall Diseases, as against the Palsie, Droisie, Splene, Bellowe oz blatke Jaundice, for wormes in the belly, and for all Agues be they hot oz colde, and all manner of Swellings, and pestilentiall so:rowes in Man, as Melan-

Melancholy and Flegmaticke, and it streng-
theneth and comforteth all the spirits and
strings of the braine, as the heart, the milke,
the liuer, and the stomacke, by taking there-
of two or thre spoonfulls at one time by it
selfe, or with Ale, Wine, or Beere, and by
putting a pretty quantty of Sugar therein,
also it helpeth digestion, and doth breake
winde, and stoppeth laske, and bindeth not,
and it mightily helpeth and caseth Man or
Woman of the paine of the heart burning,
and so to quicken the memozy of man, and
take of this water thre spoonfulls a day, in
the morning, and another after he goeth to
dinner, and the third last at night.

To make Aqua Composita for a Surfet.

Take Rosemary, Fennel, Dilope, Time,
Sage, Horehound, of each of those a
handfull: Penirpall, red Vints, Pargerum
of each sixe crops, a roote of Enula Campa-
na, of Liquorice, Anniseeds bruised, of each
two ounces: put all these to thre gallons of
mighty strong Ale, and put it into a brasse
Pot ouer an easie fire, and set the Limbecke
vpon it, and stop it close with dowe or paste,
that no ayze doe goe out, and so keepe it stil-
ling with a soft fire, and so preserve it to
your vse, as neede requireth.

Approued

*Approved Medicines for Physicke
and Chirurgery.*

A medicine for the Megrim, Impostume
of the Rewne, or other Diseases
in the head.

TAKE Pellitory of Spaine, the weight
of a groate, and halfe so much Spegall,
beate these into powder, take the toppes of
Slope, of Rosemary with the flowers, thre
or foure leaues of Sage, in the whole of these
hearbes one small handfull, boyle all these
hearbes with the Spices in halfe a pinte of
white Wine, and halfe a pinte of Vineger of
Roses, vntill one halfe of the liquoz be con-
sumed, then straine swyth the Hearbes and
set the liquoz to cōle, and being colde, put
thereunto thre sponesfull of good Mustard,
and so much Honey as will take away the
tartenesse of the Medicine, and when the
Patient feleth any paine in his head, take a
sponesfull thereof, and put it into his mouth
and holde it a pretty while gargaling, and
then spit it swyth into a vessell, and so vse to
take tenne sponesfulls at one time in the mo-
ning fasting, vsing this thre dayes toge-
ther,

ther, when they sale themselves troubled with the Kewme: at the fall and Spring of the lease is best taking thereof, and by the grace of God they shall finde ease.

You must keepe this same medicine very close in a Glasse, whose goodnesse will last tenne dayes, and when you take it, warme it as milke from the Cowe.

To defend Humors.

TAke Beanes, the rinde of the upper skin being pulled off, bryse them and mingle them with the white of an Egge, and make it sticke to the Temples, it kepeth backe humors flowing to the eyes.

To make very good Portage to be vsed in the morning.

TAke a Chickin, and seeth it in faire water, put to it Violet leanes a handfull or two, or else some other good hearbes, that you like in the head of them, and so let them seeth together, till the Chickin be ready to fall in peces, then straine it, and cut thin peces of Bzead, and seeth it till the bzead be very tender, and then season it with Salt.

And on the Fifth day, seeth the hearbes as befoze in faire running water, and straine it and seeth Bzead as befoze in it, and season it with salt, and put in a pece of Butter.

To

To make another Pottage to loose
the body.

TAke a Chicken, and seth it in running
water, then take two handfuls of Violet
leaves, and a good pretty sort of Bayns of
the Sunne, picke out the Stones, and seth
them with the Chicken, and when it is well
sodden, season it with a little Salt, straine it
and so serue it.

To make a Cawdle to comfort the Sto-
macke, good for an olde
man.

TAke a pinte of good Muscadine, and as
much of good stale Ale, and mingle them
together, then take the yolkes of twelue or
thirtene Egges new layde, beate well the
Egges first by themselves, and with the
Wine and Ale, and so boyle it all together
and put thereto a quartern of Sugar, and a
few whole Spice, and so stirre it well, till it
seth a good while, and when it is well sodde,
put therein a few slices of Bread if you will
and so let it soke a while, and it will be right
good and wholesome.

To make strong broath for sicke
men.

TAke a pound of Almondes, and blaunch
them, and beate them in a moztar very
fine,

fine, then take the braines of a Capon, and beat with it, then put into it a little creame, and make it to draw through a strainer, then set it on the fire in a dish, and season it with Rosewater and Sugar, and so stirre it.

To make Broath for one that
is weake.

Take a Leg of Meele, and set it ouer the fire in a gallon of water, scumming it cleane: when you haue so done, put in three quarters of a pound of small Rayns, halfe a pound of Dunes, a good handfull of Burage, as much of Langdeberf, as much Mints and the like quantity of Harts tongue, let all these sate together, til all the strength of the flesh be sodden out, then straine it so cleane as you can, and if you thinke the patient be in any heate, put in Violet leaues and Sauerie as you doe of the other hearbes.

An excellent drinke for the Tisicke
well approued.

Take a handfull of Fennell rootes, as much Parsly rootes, as many Alexander rootes, halfe a handfull of Bozage rootes, and put out the pithe of the said rootes, then take halfe a handfull of Penirvall, as much of Violet leaues, and as much of Cinkfoyle, as much Succory, Endiue, Hollyhock leaues,
Mallow

Wallow leaues, and red Garden minits, of all these the like quantity, as of those next before, halfe a handfull of Liquorice sticks scraped, bruised and beaten to fine powder, a gallon of faire running water, boyle therein all these simples, and boyle these sades with them, that is three spoonfulls of Anniseeds, as much Fennell sades, the like of Coriander sades, and Commin sades, a good handfull of Dandelian roots, and so boyle all together from a gallon to a pottle, and let the Patient drinke thereof first and last, and it will helpe him in short space, Probatum est.

For one that hath drunke Poyson.

Take Betony and stampe it, and mingle it with Water, and the poyson that the party hath drunke, will presently come forth againe.

To restore Speech that is sodainly lost.

Take Penirpall, temper it with Aysel, and giue it to the sicke to drinke, and lay also a plaister of it to his nostrils so grieued.

To make a good plaister for the
Stranguie.

Take Hollyhoakes and Violets, and Mercurie: the leaues of these herbes, or the seeds of them, also the rinde of the Elder tree, and also leyd Wood, of each of these a
handfull

80 Approued Medicines

handfull, and beat them small, and seeth them in water, till halfe be consumed, then put thereto a little oyle Oliue, and all hot make thereof a playster, and lay it to the sores and reynes, also in the Summer thou must make him a drinke in this manner: take Marisfrage and the leanes of Elderne, Fine leaved grasse, and seeth them in a pottle of stale Ale, till the halfe be wasted, then straine it and keepe it cleane, and let the sick drinke thereof first and last, and if you lacke these herbs because of Winter, then take the rotes of Fine leaved grasse, and dryp them, and make thereof powder, then take Oyster shelles and burne them, and make powder also of them, and mingling them together, let the sick vse thereof in his Pottage and drinke, and it will helpe him.

To make a powder for the Stone and Stranguillian.

Take blacke Bramble berries while they be red, Iny berries, the inner piths of the Ashc Keyes, the stones of the Eglantine Berries clouen, rubbed from the hayre, Nut keyes, the rotes of Philopendula, of all these a like quantity, Alcorne kernels, the Stones of Solowes, of each a like quantity, dryp all these on platters in an Oven till they may be beaten

beaten to powder, then take Gromell seed, Marisfrage seed, Alexander seed, Coliander seed, Parsly seed, Commin seed, Fennell seed, Annis seed, of each of these a like quantity, as much as is written, and dyed in like soyle, then beate all these to fine powder, and take Liqnoize of the best that you can get, faire scraped, as much in quantity as of all the other, beate it fine, and mingle it with the same powder, and so keeping it close that no winde come at it, vse it first and last with Posset drinke made with white wine or Ale, and when you eate your Pottage or other broath, put some in it if you be sore pained, and if you haue any stone, it will come away by shivers, and if it doe so, when you thinke that your water beginneth to cleare againe, take this drinke that followeth, and it will cleanse your bladder, and will leaue no corruption therein.

The drinke for the Stone.

Take Rosemary, and Time, and seeth them in running Water, with as much Sugar as will make it swete from a quart to a pinte, vse the quantity of your hearbes according to your discretion, so that it may saour well of the hearbes, and so vse it nine mornings, 6. or 7. spoonesfull at a time.

A Copie of Doctor Steuens water.

Take a gallon of Gascoigne wine, then take Ginger, Galingale, Camomile, Sinamon, Graines, Cloues, Pace, Anisædes, Fennell seedes, Caraway seedes, of euery of them one dramme, that is two pence halfe penny waight, then take Sugar, minced red Roses, Lime, Bellitoy of the Wall, wilde Margerum, Penirpall, Penymountaine, wilde Time, Lanender, Anens, of euery of them one handfull, then beate the Spice small, and bzuise the hearbes, and put all to the wine, and let it stand twelue houres, stirring of it diuers times, then still it in a Limbecke, and keepe the first pinte of water by it selfe, so it is best, then will come a second water, which is not so good as the first. The vertue of this water is this, It comforteth the spirits, and preserveth greatly the youth of man, and helpeth inward diseases comming of colde: against the Shaking of the Palsie, it cureth the contraction of the Anewes, and helpeth the Conception of women, it killeth Wormes in the belly, it helpeth the Tooth-ache, it helpeth the colde Cough, it comforteth the stomacke, it cureth the colde Droops, it helpeth the Stone in the bladder, and the reynes of the backe, it cureth the

the Canker, it helpeth shortly a Clinking
breath. And who so useth this water now
and then, and not too often, it preserveth him
in good liking, and will make him some yong
very long.

To make white broth with Almonds.

First looke that your meate be cleane wa-
shed, and then set it on the fire, and when
it boyleth scum it cleane, and put some salte
into the pot, then take Rosemary, Lime,
Flop and Pargerum, binde them together,
and put them into the pot, then take a dish of
sweete Butter, and put it also into the pot
amongst your meate, and take whole Pace,
and binde them in a cloath, and put them in
to the pot with a quantity of Clerince, and
after that take such a quantity of Almondes
as shall serve the turne, blannch them, and
beat them in a mortar, and then straine them
with the broth when your meate is in. And
when these Almondes are strained put them
in a pot by themselves, with some Sugar,
a little Ginger, and also a little Rosewater,
and then stirre it while it boyle, and after
that, take some sliced Drenches without the
kernels, and boyle them with the broth of
the pot upon a Chafingdish of coales, with
a little Sugar, and then haue some Appits

ready in a platter, and serue the meate vpon them, and put not your Almonds in till it be ready to be serued.

To make a Tarte to cause courage in
a man or woman.

Take two Quinces and two oz thre
Barre rootes, and a Potato, and pare
your Potato and scrape your rootes, and put
them into a quart of Wine, and so let them
boyle till they be tender, and put in an ounce
of Dates, and when they be boyled tender,
draw them through a strainer, wine and all,
and then put in the yolkes of eight Egges,
and the bzautes of thre oz foure Teck Spar-
rowes, and straine them into the other and
a little Rosewater, and seth them all with
Sugar, Cinamon, Ginger, Cloues and
Mace, and also put in a little swete Butter,
and set it vpon a Chafin dish of coales, be-
twene two platters, and so let it boyle till
it be something thicke.

To make a sirrop of Quinces to comfort
the Stomacke.

Take a Pinte of the iuyce of Quinces, a
pound of Sugar, and halfe a pinte of Vi-
negar, of Ginger the weight of five groates,
of Cinamon the weight of five groates, of
Pepper the weight of five groates.

A medicine for all Sores.

Take bntozought Ware, Turpentine,
Oyle Olive, Shæpes Tallow oꝝ Dæres
Betwet, a quantity of euery one of them, and
then take a quantity of the iuyce of Bugell,
the iuyce of Oxmalledge, a quantity of Ro-
sen, and boyle them all together ouer a soft
fire, stirring them alwayes, till they bee well
mingled, and that the græmesse of the iuyce
become, and then straine it thzough a faire
cloath into a cleane vessell, and this shall
heale Wound oꝝ soze, whatsoeuer it be.

Another for all Sores.

Take a quarter of a potind of Witch, as
much of Ware, as much of Rosin, as
much of Capons grease, oꝝ other soft grease,
and put them in a panne, and seeth them all
together, till they be melted, and then straine
them thzough a faire cloath, and make a plai-
ster, to lay to the place grieved.

A powder peerelesse for Wounds.

Take Dypment and Merdigraçe, of each
an ounce, of Nitriol burned till it be red,
two ounces, beate each of them by it selfe in
a Basen moztar as small as Flower, then
mingle them altogether, that they appoare
all as one, and kepe it in Bags of Leather

well

well bound, for it will last seauen yeare with one vertue. and it is called Powder percellle, it hath no pare for working in Chirurgie, for put of this powder in a wound whereas is dead flesh, and lay scrap'd Lint about it, and a playster of Diuiflosius next vpon it, and it will heale it.

To make water Imperiall for all wounds and Cankers.

TAke a handfull of red Sage leanes, a handfull of Helandine, as much Woodbinde leapes, then take a gallon of Conduit water and put the hearbes in it, and let them boyle to a pottle, and then straining the hearbes thzough a strayner, take the liquor and set it ouer the fire againe, and take a pinte of English Honey, a good handfull of Roch Alome, as much of white Coppoas, Lime beaten, a penyworth of Graines brused, and let them boyle all together, thre or foure walwes, and then let the scum be taken off with a feather, and when it is colde, put it in an earthen Pot or bottle, so as it may be kept close, and for a greene wound take of the thinnest, and for an olde wound of the thickest, and hauing dyessed them with this water, coner the soze either with Heale or Button, and skinne it with Dock leaues.

To make water Imperiall another way.

Take a handfull of Dragon, of Scabions, of Endive, a handfull of Pimpernell, a handfull of Wormewood, of Kew, of Camfic, of Cowslips, of Haydenhayre, Cinquefoyle, Petherfue, Daylie leaues, Wandellian, Time, Balme, of each of these hearbes a handfull, of Treacle a pound, of Vole Armoniacke foure ounces, and when you haue all these hearbes together, you must take and shred them a litle, not too small, then take the Treacle, and Vole Armoniack, and mingling them and the hearbes altogether, put them in a Stillatory and distill them. & sic.

To make Rosemary water.

Take the Rosemary and the flowers, in the midst of May, before Sunne arise and strip the Leaues and the flowers from the stalkes. take 4. or 5 Enola compana roots, and a handfull or 2. of Sage, then beat the Rosemary, Sage, and roots together, till they be very small, and take three ounces of Cloues, 3. ounces of Mace, 3. ounces of Quibles, halfe a pound of Anniseeds, and beate these spices euery one by it selfe. Then take all the Hearbes and the Spices, and put thereto foure or five gallons of good white

white Wine, then put in all these Hearbes, Spices, and Wine, into an earthen pot, and put the same pot in the ground the space of sixtē dayes, then take it vp, and Distill it with a very soft fire.

To staunch blood.

TAke Bele Armoniacke, and Turpentine, and making a plaister lay it to, or take the mosse of the Hazell tree, and cast it into the wound, and it will staunch sooth with: and the longer that it is gathered the better it is. Also take a good peece of Par-tinmasse Base out of the rose, and heate it on the Coales, and as hot as you may suffer it lay it thereto: also take a peece of Isane salt Base, and let the Base be of that greatness that it may fill the wound, and lay it in the fire in the hot ashes, till it be hot throughe, and being hot, thrust it in the wound and binds it fast, and it shall staunch anon the bleeding, when a master vaine is cut, and if the wound be large.

For swelling that commeth sodainly
in mans limbes.

TAke Hartes tongue, Chersoble, and cut them small, and then take Dregges of Ale and Wheate branne, and shewpes Tal-low moults, and doe all in a pot, and sooth them

them till that they be thicke, and then make a plaister, and lay it to the swelling.

Also take faire water and Salt, and stirre them well together, and therein wet a cloth and lay it to the swelling.

A good oymment for scabs, and Itching of the body.

Take foure ounces of Oyle de Bay, and an ounce of Frankensence, and 2. ounces of white Vnhey, and thre ounces of Swines greace, and an ounce of Quicksilver, that must be slacked with fasting spittle, an ounce of great Salt, as much of the one, as of the other, and of all these make an oymment, and if the scabs or Itch be vpon all the whole body as well aboue the girdle as beneath, then when thou goest to bed wash both thy handes and thy feete with warme water, and battle them well therein by the fire, and after dry them with a cloath of Linnen, then take vp with thy fingers of that oymment, and doe it in the palmes of thy handes, and in the soles of thy feete, and rub it well together that it may drinke in well, and if it soake in well, thou must put Gloues on thy handes and sockes on thy feete, and thus doe euery night when thou goest to bed: and if the scabbe or Itch be aboue the girdle,

and

and not beneath, then annoynt but thy hands, and if the scabbe be beneath the girdle, then loke that pou annoynt the soles of your feet, and if the scab or Itch be in all the body, as well aboue the girdle as beneath, then thou must annoynt both thy handes and thy feet as thou sittest by the fire, and thou shalt be whole: this hath bene proued.

For all manner of Scabs.

TAke Enula Compana, red Dock rootes, Nightshade, Woodbinde leaues, and then cast in a peece of Allome, and put in Trioll Romana rubysfied, and when it is colde, wash the scabbes therewith.

Also take white Oyntment, Whimstone, Quicksilver, Verdigrease, and mingle them together, and therewith annoynt the soze scab.

For sinewes that be broken.

TAke Clozmes while they be knit, and loke that they depart not, then stampe them, and lay it to the soze, and it will knit the sinewes that are broken in two.

To knit sinewes that be broken.

TAke Archangell, and cut it in small gobets and lay it to the soze, and take spilsopple and stampe it, and lay it aboue it hard bound, and let it lye so thre dayes, and at thre dayes end take it away, and wash it with

with Wine, then make a new playster of the same, and at thre dayes end put thereto another, and doe nothing else thereto.

Also take Venirpall and beate it, and put Salt enough to them, and temper it with Honey, and make a playster thereof, and lay it vpon the sinewes that be stiff, and it will make them to stretch.

For sinewes that are shortned.

Take the head of a blacke Sheepe, Camomill, Sozrell leaues, Sage of each a handfull, and beate these hearbes in a Morter, then boyle them all together in Water, till they be well sodden, and let them stand till that they be colde, then draw it through a strainer, and so vse it.

An oyle to stretch sinewes that be shrunk.

Take a quart of Beates foote Oyle, a pinte of Beates Gall, and halfe a pinte of Rosewater, as much Aqua vitæ, then put all these together into a brasse panne, then take a handfull of Lauender cotten, and as much of Bay leaues, a good quantity of Rosemary, a good quantity of Lauender spike, of Strawberry leaues the stringes and all, then take threed and binde them all in severall bunches, and put them into the pan

oz pot, and set them ouer the fire vpon cleare Coales, with the Oyles altogether, and so let them boyle a good while, and when it is boyled enough, it will boyle but softly, then take it off the fire, and let it stand till it be almost coide, then straine it out into a wide mouthed Glasse, Bottle or pewter pot and stop it close, for it will not continue in no wooden thing, and where the sinewes be swunke, take of this being warmed, and annoynt the place therewith, then chase it well against the fire, and vse this morning and evening, and keeping the place warme you shall finde great ease.

A soueraigne Oyntment for shrunken
Sinewes and Aches.

Take eight Swallows ready to flye out of the nest, dyue away the bidders when you take them out and let them not touch the earth, stampe them vntill the feathers cannot be perceined. put to it Lauender cotten, the stringes of Strawberies, the tops of mother Time, the tops of Rosemary, of each a handfull, take all their weight of May Butter, and a quart moze, then hanning stampe the feathers in a stone morter that nothing can be perceined, make it vp in
Balles.

Balles, and put it into an earthen Pot for eight dayes close stopped that no ayre take them, then take it out, and on as soft a fire as may bee, seeth it, so that it doe but simmer, then straine it, and so reserve it to your vse.

A remedy for the Shingles.

Take Dones dart that is moystie, and of Barly meale heaped halfe a pound, and stampe them well to together, and put thereto halfe a pinte of Vineger, and mingle them together, and so lay it to the soze colde, lay Wall leaues thereupon, and so let it lye thre dayes vnremoued, and on the third day if need require, lay thereto a new playster of the same, and at the most hee shall be whole within thre playsters.

To make one slender.

Take Fennell, and seeth it in Water, a very good quantity, and wringing out the iuyce thereof when it is sodde, drinke it first and last, and it shall swage either man or woman.



*Certaine approoued pointes of Husbandry,
very necessarie for all Husband-
men to knowe.*

First of Oxen.

Thens whereby an Ox is known to be good and toward for the worke, are these: ready and quicke at the voyce, his mouth quicky, his is short and large, great eares, the Hornes liuely and of meane bignesse, and blacke, the head short, the best large, a great panch, the taylor long, touching the ground, with a tuft at the end, the haire curled, the backe straight, the reynes large, the legges strong and sinewie, the hooft short, and large: the best colour is Blacke and Red, and the next vnto that the Baye and Spotted, the White is the worst, the Gray and the Fallow, or Yellow is of the lesse value.

The

The charge of one that keepeth them, is chiefly to vse them gently, and to serue them with meate and good Litter, to rub or kembe them at night, and to stroke them roner in the morning. washing sometimes their sayles with warme water, also to keepe their stable cleane, and that the Poultrie or Hogges come not in, for the feathers may kill the Oren, and the dung of sicke Hogges breedeth the murren.

Item, you must know discretly when Oren haue laboured enough, and when but little, for according to that, they are to be fed.

Item, that you worke them not in a time too colde or too wet.

Item, that you suffer them not to drinke presently after a great labour, and that you binde them not by forthwith, vntill they be a little refreshed abroad.

The Oxe desireth cleare or running water, like as the Horse desireth the puddle or troubled water.

Item, that at their comming home, hee alwayes ouerlooke them, whether there be any Thorne in there side, or if the yoke haue gauled them.

In France they gelde all their Bul-calues
C
about

about the age of two yeares, and that at the fall of the lease.

The day when they are to be Cut, they must not Drinke, and must eat but a little. Then sodainly clip the sinewes of the stoncs with a paire of Tonges, and so cut out the stoncs in such sort, as they leaue behinde the end that is tyed vnto the sinewes, so: so the Calse of Bullocke shall not bleed ouermuch, no; shall lose all his virility and courage.

At the age of ten monthes, the Bullocke changeth his foze teeth, and at sixe monthes after they scale the next teeth, and at the end of thre yeares he changeth all his teeth.

Note when an Oxe is at best, his teeth are equall, white and long, and when he is olde, the teeth be vnequall and blacke.

If an Oxe haue the laske, which often times is with blood, and maketh him very weake, they keepe him from drinke soure or siue dayes, then giue him Walnuts and hard Cheese tempered in thicke Wine, and for the vttermoost remedy they let him bleed in the middest of the fozehead.

To make him lose bellyed, they giue him two ounces of Aloes, made in powder with warme water.

An Oxe pisseth blood of being too much chased,

chased, or of eating ill hearbes, or flowers
then keepe him from drinke, and drench him
with Treacle in two pints of Wine or Ale,
putting thereto Saffron.

For the Cough seeth Dr sop in his drinke.

For the biting of an Adder, or venomous
Dog, then anoynt the place with Oyle of
Scorpion.

If he be lame of colde in his fete, then
wash him with olde Wine warmed.

If he bee lame of the aboundance of blood
fallen downe into the pastoznes and hofe,
they dissolue it by rubbing and launcing.

Item the better to keepe your Oxen in
health, whether they be to bee labourd, or to
be fatted, then wash his mouth eight dayes
with Wine, for that will take away much
fleame, which taketh from an Oxe his taste
and stomacke.

If the fleame haue made him haue the
murre which is knowne by the watering of
the eye, they wash his mouth with Wine and
white Wine, or rub it with water and salt.

Of Horses.

Tokens of a good Colte: the Head little
and leane, the Care straight, the Eyes
great, the nostrils wide, the Necke little for

wardes the head, the backe short and large, close bellped, the cullions or stones squall, and small, the tayle long, stuffed with hayze thicke and curled, the legges equall, high and straight, the hofe blacke hard and high, he should be quicke and pleasant.

The age of Hozes is knowne partly by the hofe, and principally by the teth. When the hofe is two yeares and a halfe, the middle teth aboue and beneth doe fall.

When he is foure yeare olde, the dog teth fall, and others come in their places, befoze he be sixe yeares olde, the great teth aboue doe fall, and the sixt yeare the first that fell come again, the seauenth yeare all is full and they be all shut.

Of Sheepe.

Certaine dayes befoze the Hammes be put to the Ewes, drench them with salt water, thereby the Ewes will take the better, and the Hammes (they say) were moze full of appetite.

To haue many male Lambes, they chuse a dry time, and the winde at North, letting the Ewes goe in pasture that lyeth open against the Northerne winde, and then put in the Hammes.

To haue many female Lambes, then contrariwise obserue the South winde.

When aewe is with Lambe, if she haue a blacke tongue (they say) the Lambe will be blacke, and if the tongue be white, the lambe likewise will be white.

Tokens of a good Shespe : a great body, the necke long. the wolle deepe, soft and fine, the belly great and couered with wolle, the tettes great, great eyes, long leggs, and long tayle.

Tokens of a good Ramme, the body high and long, a great belly couered with wolle, a fleece thicke, the forehead broad, eyes blacke, with much wolle about them, great eares couered with wolle, great stoncs, well horned, but the more weathred the better, the Tongue and Pallet of the mouth all white, to the end that the Lambes may be likewise white.

Of Hogges.

The Hogge of himselfe though filthy yet (they say) he prospereth the best, if he lodge in a cleane styre, and euery month his styre should be cast ouer with fresh grauell, or sand, to make his lying fresh, and to dry vp the pisse and filth.

They geldo their Piggess, when they are a yeaer olde oꝝ sixe monthes at the least, foꝝ they wae much greater if they be gelded at the saide age.

They chuse them foꝝ Boies, that haue the head short and large, the breast large, colour Blacke oꝝ White, the feete short, the legges great, and they that haue strongest haire on the top of their backe.

Those are to be kept foꝝ Sowes which be longest, with hanging Bellies, great Tettes, deepe ribbed, a little Head and short Legges.

Pogges be sicke when they rubbe much their eare, oꝝ refraine their meat, but if none of these signes appeare, they plucke off one of his haire on the backe, if he be cleane and white at the roote, he is well, if it be bloody oꝝ foule, he is sicke.

They will haue their Pogges either all White, oꝝ all Blacke, but in any wise not speckled oꝝ of two colours.

They restraine from dunging their Land while the Howe increaseth, foꝝ that they obserue the moze aboundance of Wades to come thereby.

Touching the Sowing of Beames, they doe obserue this. At the fall of the Lease, in
strong

Strong Land, they sowe the great Beanes.
At Spring time in weake and round ground
they sow the common small Beanes, and of
both sorts at the full of the Moone, that they
may be the better coddled.

They vse to Cut them at the new of the
Moone befoze day.

Their flaxe as soone as they haue gather-
ed it, they set it vnder a house or Houel,
and suffer it not to take Raine or Dew as
we doe.

To make Cheese looke yellow, they put in
a little Saffron.

To keepe Apples, they lay them on straw
strewed, the eye of the Apple downewards,
and not the Stemme.

And when they would haue any great
store, well and long kept from perishing
they gather and chose the soundest, health-
est and fairest, being not ouer riped, they
prouide a Hogshed, Fatte, or great butch,
they bring the Apples where it shall stand,
then they lay a layze of strawe, and vpon the
same a layze of Apples, and then straw a-
gaine, and Apples likewise, vntill the vessell
be full to the brimme, shutting it close with
the head or couer, that no ayze come in.

To cure the mallady of trees that beare
woymes,

woyme-eaten fruit, which commeth of much wet or a moyst season, at that time they pierce the Trees throught with an Auger, as neare the Rote as they may, to the end that the humo: whereof the Woymes doe breed, may distill out of the Tree.

If Trees through oldenesse or otherwise, leaue bearing of Fruit vsually, they vse not to loppe them but onely cut away the head boughes, they also vncouer the rootes after All Saints tide, and cleave the greatest of the rootes, putting into the cleftes shiuers of Flintes, or hard stones, letting them there remaine, to the end that the humo: of the earth may enter and ascend into the Tree: After about the end of Winter, they couer againe the rootes with very good earth, or if they haue any dead Carrions they bury them about the rootes of such Trees.

¶ 1235.



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